

BBC

goodfood

September 2018
DHS15 | QR15

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Middle East

Taste of the tropics

Embrace fruity flavours with
a side of creativity



Back to school

*Stress-free school morning breakfasts,
nutritious lunchbox ideas, after-school
speedy suppers & much more*

Family favourites

Child-friendly
restaurants in Dubai

Healthy home cooking

How to get kids to
eat their greens



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Tried & tasted recipes • Dubai restaurant reviews • Dining deals in Abu Dhabi • Eating in Tokyo



3:06PM

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Welcome to September!

Can you believe it's September – already? The kids are now back in school and we are officially four months away from the much-anticipated culinary indulgences of Christmas (*gulp!*).

Inside this month's 'back to school' issue, we bring focus to child-friendly recipes and refreshing ways to make packed lunches exciting, tasty and nutritious. From winning the battle of school-morning breakfasts, to getting children to eat their greens, the special 'September survival' section from page 23 onwards has some great top tips for parents easing back into the school routine this month.

There's also a wonderful selection of fun recipes to try with the little ones – why not give some a try? The kids are sure to love getting their hands dirty in the kitchen. Don't miss the noodle stir-fry with crunchy peanuts on page 44 and the mince & pea pies on page 49, which are freezable and ideal for pulling out on busy school nights.

During this busy time of year, it can be all too easy to fall into the takeaway trap, which is why you'll find some of our favourite home comfort recipes on page 50 onwards, including hearty venison chilli cottage pies, mackerel club sandwiches and onion bhaji fish & chips – all of which are perfect for treating the family with, and much more guilt-free than a greasy takeaway!

As routines restore this month, transport your mind to new staycation plans with inspiration from our visit to the stunning One&Only The Palm, Dubai. See our review on page 80. Or, get to grips with Tokyo's bustling food scene with our city guide on page 76 – and, if you're feeling inspired visit bbcgoodfoodme.com, where you'll find plenty of delicious Japanese recipes to try at home!

Sit back – perhaps with a slice of walnut-topped carrot cake (p72) – and digest this delicious issue while planning your next foodie adventure!

Enjoy cooking,



Sophie
Editor

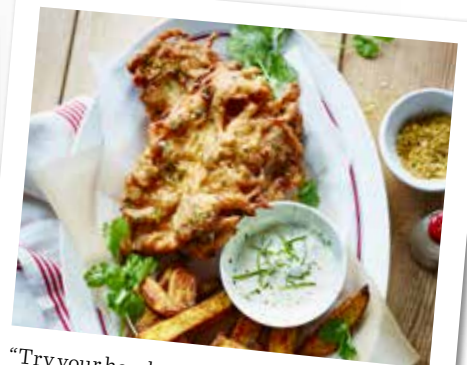
WHAT WE'RE LOVING!



"These roasted pistachio-stuffed peaches with orange blossom cream make for a must-try dessert this month," says sales executive, Liz.



Sales director, Michael says:
"This chicken, kale & mushroom pot pie is a one pot wonder sure to please the whole family!"



"Try your hand at making two of the UK's favourite dishes in one with this onion bhaji fish & chips recipe", Froilan.



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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

🔥 Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork.

A Contains alcohol.

gf YOUR SAY

We love hearing from you!

STAR LETTER



Most people wait until the new year to kick-start their diet, but after a very indulgent trip back home to the UK, my wife and I really needed food to match our new gym membership. Inspired by you guys, we've gone vegan two days a week, upped our veg intake and switched naughty treats for healthier delights. Every single recipe we've been whipping up is from BBC Good Food Middle East. Typically, you've been our go-to guide for delicious cakes and a once in a while fancy meal, but you've become the new staple in

our fit-food lifestyle change. The UK trip was also a little expensive, so it's massively helpful to be able to select 'cheap and healthy' recipes too. Since my wife is keen to reduce dairy a little, it's goodbye classic pizza and hello to tasty egg and rocket pizzas, which she loves just as much! We're three weeks in, my waist is 2 inches slimmer already and I'm bursting with energy. Plus, I still get to have my favourite blueberry muffins, just slightly lighter ones thanks to your recipes.

Steven Higgins



As a person who practices the keto diet and has a health-conscious family, it is not easy to find recipes that are easy to make with rich and diverse flavours, but BBC Good Food Middle East has helped me and my family with our lifestyle options. The recipes are unique and the taste is absolutely divinely given the simple ingredients used to make them, which are easy to find and light on the purse. Another thing I love about BBC Good Food ME is the restaurant reviews – the recommendations are always worth giving a try and worth the money spent. Not forgetting the international section which helps to identify dishes that are authentic to each country – this certainly helped us with our upcoming trip to Barcelona, Spain.

Shifana Niyas



BBC Good Food ME, I love the recipe tips you offer – they really give us an edge when making recipes. The step by step explanation of the recipe with the photos make even a normal housewife cook like a chef. I made the blackcurrent jam as explained in the recipe and it was such a treat for my family. I made it again and packed it in small bottles, with labels and gifted to my friends and each one wanted the recipe. Thanks for the great recipes and also for taking care that you feature healthy gourmet recipes as well. My favourite healthy recipe was the chia and yoghurt pudding

Bharati Rihjhwani





WIN!

The Winner of the Star letter receives a **1,000 AED shopping voucher from Tavola**, the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online: **www.tavolashop.com**



TALK TO US!

Email us on **feedback@bbcgoodfoodme.com** with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:     **[@bbcgoodfoodme](https://www.instagram.com/bbcgoodfoodme)**

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

BUTTER AS INSPIRATION FOR CHEFS

*White, yellow, tender, smooth,
soft, flavored, salted...*

*Butter takes many forms,
textures, colors and flavors.*

*How can you tell the
difference and how do you
choose the best one?*



COOKING WITH BUTTER IS A MAJOR BASIS OF EUROPEAN CULINARY HISTORY

More than 95% of chefs in France and Europe say that butter is essential for cooking and baking, especially for its flavor. Its malleable texture enables it to create audacious fantasies. This is why it is now widely used in cutting edge and refined dishes. But, above all, this aroma capturer has tickled the imagination of chefs, who create unusual, sophisticated recipes to surprise audiences of consumers who are becoming increasingly numerous and demanding. According to Eric Trochon, Meilleur Ouvrier de France 2011, "Butter is an incredible holder of aromas, the buttery note prolongs the taste of food in the mouth. It ennobles the simplest products and provides that little «French twist» which is essential for all other preparations."

THE RIGHT AMOUNT OF EUROPEAN BUTTER. AND A DASH OF EXPERTISE

Every chef has his own tips and secrets to use it wisely and in the right way. Above all, they recommend always choosing high quality butter containing 82% fat and, in particular, to avoid substitute

products such as vegetable fats and other blends. Using European butter ensures this high quality. Cooking with butter requires managing it as a raw material. In the same way as any other product, it has to be respected to preserve its qualities. Not overcooking it, not adding too much, to obtain the most flavorful dish, which must never leave an impression of fattiness or heaviness.

BUTTER IN MIDDLE EASTERN FLAVORS? WHAT A GOOD IDEA!

Cuisine is in perpetual movement. Worldwide, chefs are rewriting the traditional codes for more creative cooking. The secret to achieving a modern approach? Using adaptable products like European butter!

Chef Mohanad Alshamali, from United Arab Emirates, told us: "Butter is a delicate product, it is important not to overheat it. That's why I use a torch or salamander when incorporating butter into my recipes, which reveals all the flavor without the risk of overcooking".

Chef Mohanad Alshamali's comment on his special recipe with European Butter:

My cabbage dolma with truffle & zaatar butter underscores the avant-garde uses of butter to change the entire flavor of the dish. Butter is one of the most universal products. You can cook with it, bake with it or simply eat it unmodified. Due to the versatility of butter as an ingredient it can be used to bring out the flavor in any dish, this is the reason why so many recipes use butter in some form. The quality of the butter people use has a direct impact on the taste of the dish and therefore the better quality, the better the taste and that's why I always use European butter as it gives my dishes a far superior taste and flavor.

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



THE BEST BITES

LATEST MUST-HAVE FOOD APP ALERT

Introducing: Lets DXB



Following the success of the 'Lets Brunch' app launched 18 months ago by Mr & Mrs Brunch (BBC Good Food ME's 'Food Influencers of the Year 2017'), comes the 'Lets DXB' app, which is packed with exclusive, free to use deals and discounts for restaurants, bars and brunches across Dubai.

What makes Lets DXB unique is that in addition to the extensive selection of discounts and deals, there is also a directory of listings for all the major restaurants, bars and brunches across the city, all in one convenient place with photos, reviews, information and direct booking links.

With a tap of the screen, you can filter for bars in the area offering Happy Hour or ladies nights, plus fine or casual dining deals. The app will then allow you to make a booking, map where the outlet is and book an Uber to transport you there, where you can avail the great deals on offer from the Lets DXB app.

Lets DXB is free to download and free to use and if you are among the 10's of thousands who already have the Lets Brunch app, all you have to do is update it to get Lets DXB. Once you have the app, don't miss the 'Lets Explore' section – a news feed dedicated to all the latest big events such as quiz nights, ladies nights and more, every day of the week.

Head to the App Store on your smartphone to download the Lets DXB app.

Five new Nespresso flavours to try

The UAE can't get enough of coffee – from a morning pick me up, to an afternoon fix, the country is renowned for its growing coffee culture. According to the 2018 Gulfood Global Industry Outlook Report, consumers in the MENA region are adopting a more westernised palette, and enjoying new flavours and origins of coffee for the first time. As residents' taste buds become more refined, preferences for more exotic flavour profiles and premium sourcing have emerged.

In line with this, Nespresso's brand new 'Master Origin' collection explores five new landscapes, five specialised processes, and local coffee farming experts have come together to create five distinct coffee sensations all inspired by the country they came from – from the forested mountains of Sumatra through to the highland vales of Nicaragua.

Each of the Master Origin coffees can be enjoyed as an Espresso (40ml) or as a Lungo (110ml) and they will be a permanent addition to the Nespresso coffee range available from August 29, 2018 from Nespresso boutiques worldwide, as well as through orders from the Nespresso Customer Care Centres and online at buynespresso.com.



Organic and lactose free milk

For the busy parents that are back to packing school lunches for their little ones each morning, Koita – a UAE homegrown milk brand – has introduced a lunchbox-friendly milk option that children will love.

Packed full of nutrients and added vitamins, the organic and lactose free milk range is shelf stable, so it lasts longer in school lunch bags.

Made from happy Italian cows that live on a diet of fresh green grass, Koita ensures a product that is produced with no nasties like toxic pesticides, artificial hormones and antibiotics. Koita milk is heat-treated using an innovative process that retains goodness and extends shelf-life, so that there's no need to refrigerate it prior to opening.

The range of milks come in a variety of sizes suitable for families looking to keep stocked up at home, or for kids to take in their lunchboxes for the school day, including a 200ml snack size pack of its chocolate milk made using Italian organic cocoa, as well as 200ml snack size pack of lactose-free milk for those with a dairy intolerance.

Koita is available to buy individually or by the case at most leading supermarkets across the region (Carrefour, Spinneys, Waitrose, Choithrams, souq.com, mumzworld.com) and direct in the UAE via koita.com with free delivery.

Culinary courses for junior chefs



Kick-starting from September 24, 2018 onwards, The Chef's Palette cooking studio at Fairmont The Palm will re-launch its skill-building, fun culinary courses for children.

Michelin-trained chef Romain Van Durmen will host the kids culinary experience that explores the wonders of food science, multi-cultural cuisines and tasty food to enjoy too.

With state of the art stoves, ovens and the newest Tavola cookware at their fingertips, children will have the opportunity to learn about different food and cultures of countries across the globe during a ten-week cooking course. After preparing each of the dishes, across special focus areas like Pastry week, Asian street food week and Arabic Mezze week, participants will have the opportunity to enjoy their creations with a post-class feast, or even take them home to share with family and friends, alongside a personalised apron and chef hat keepsake.

Aspiring junior chefs between the ages of 10 – 14 years are invited to have two hours of culinary fun with an interactive class every week. Simply choose the day that suits you (Mondays or Tuesdays) to enroll in the 10-week gastronomic journey from September 24, 2018 to December 2, 2018. The course is priced at AED 1,500 per child for the full 10-weeks inclusive of food and healthy soft drinks.

For enrollment, contact Katrin Zimmermann on katrin.zimmermann@fairmont.com or call +971 4 457 3457.

HEALTH BENEFITS

Raspberries

These ruby-red berries are in season and perfect for adding a pop of colour to breakfasts, desserts and snacks. But they're more than just a pretty ingredient – nutritionist Nicola Shubrook explains why they're so good for you:

- Provides vitamins C & E
- Great source of fibre for digestive health
- Two handfuls (80g) count towards your 5-a-day
- Full of protective antioxidants, including anthocyanins
- Source of zeaxanthin – important for eye health



HOT HACK

Combining high GI foods (foods that affect your blood sugar quickly) with foods high in fibre, protein and fat helps to slow the release of sugars into the bloodstream. So, next time you eat a hunk of watermelon, enjoy alongside a portion of almonds.

Flavours of the *month*

Here is what's hot and happening
around town this month.

New on the block

► **Carluccio's, Springs Souk**

Internationally known Italian eatery Carluccio's has opened its 13th restaurant in the Middle East. Located in the new development of the Springs Souk in Dubai, the outlet will bring a new dining option to neighbouring residents with its authentic Italian flair. Located on the ground floor, the restaurant boasts 130 covers and is open for breakfast, with an all-day menu, lunch and dinner as well as an open terrace area for the cooler months. The recently refreshed menu consists of firm favourites such as homemade lasagna, penne giardiniera and traditional Tiramisu, as well as the new superfood salad with seasonal additions throughout the year. Call 04 587 8606 or e-mail Carluccios.Springs@landmarkgroup.com.

► **La Carnita DXB, Intercontinental Dubai Marina**

La Carnita DXB opened its doors in the Dubai Marina area this month. Expect the freshest street art, Mexican street food and street sounds – straight out of Toronto, La Carnita started as an inaugural pop-up where artwork was sold and tacos were given away for free. Inspired by the vibes of Mexico City, LA and San Francisco, expect urban design and décor, Latin American street food, cocktails and old school hip-hop. Call 04 425 4030.

► **L'Artisan du Burger, Dubai Mall**

Newly opened Parisian restaurant L'Artisan du Burger, specialises in the creation of hand-crafted burgers using fresh, natural ingredients. This month the restaurant opened its doors at Dubai Mall to offer a selection of signature burgers, each of which has been created by a panel of award-winning chefs, who have taken classic recipes and enhanced them for the delight of consumers, committed to taste and wellbeing. Options on offer include the Ice Aux Cignes burger; a seared tuna and tzatziki patty served on a black squid ink and Nigella seed bun, or the Place Vendome grilled duck and foie gras burger. Visit lartisanburger.com.



Carluccio's, Springs Souk

Text by SOPHIE VOELZING | Photographs SUPPLIED

👉 Azure Restaurant, Raffles Dubai

Raffles Dubai is bringing back its Friday brunch as of September 7, with a great variety of roast meats including wagyu beef rump, whole turkey and leg of lamb, served with all the traditional trimmings followed by delectable desserts. To complement the dining experience, talented mixologists will prepare refreshing and flavourful pitchers with additional twists to the traditional favourites. Raffles brunch is the perfect spot to ease into the weekend and spend a Friday afternoon with family and friends in a bright, friendly venue, overlooking the stunning Raffles Garden.

The Raffles Brunch is priced at Dhs250 per person including soft beverages and Dhs405 per person including selected house beverages. Every Friday, from 1pm to 4.30pm. Call 04 324 8888, e-mail dining.dubai@raffles.com or visit raffles.com/dubai and facebook.com/rafflesdubai.



👉 World Cut Steakhouse, Habtoor Palace

As Habtoor Palace's signature dining destination, meat connoisseurs are invited to join the crowds and take advantage of the 'Tomahawk Tuesday' offer at World Cut Steakhouse, where you'll receive a sizeable premium cut priced at Dhs850 per two persons, paired with red vintage, a selection of appetizers, sides and a delectable dessert to share. The team behind the triple-time winner of 'Best Steakhouse in Dubai 2017' offer recommendations to ensure a refined dining experience across both the food and beverage menu. Call 04-4355577.

👉 Burger & Lobster, Burj Daman Building



If you're a fan of Burger & Lobster, don't miss the newly introduced green curry coconut roll. Flaunting the tasteful traditions of Thailand and South-India's deep rooted culinary history in one divine roll, the newly-introduced roll is made up of tender-cuts of lobster meat deeply marinated in a fragrant green curry, toasted coconut and fiery chili sauce that is loaded and ready to go in their signature brioche rolls. Priced at Dhs110. Visit burgerandlobster.com.

👉 Al Bayt, Palace Downtown

In a truly palatial Arabian atmosphere with panoramic views of Burj Lake and The Dubai Fountain, indulge in a selection of delectable pastries, sandwiches, premium beverages, juices and exclusive teas and coffees.

With two options available, there's something for everyone at Palace Downtown at tea time. Opt for the 'Traditional Afternoon Tea Experience', which artfully blends Arabian customs with royal English traditions. The Traditional Afternoon Tea stays true to custom, with classic favourites like delectable finger sandwiches, clotted cream, pastries and more, served of course with your choice of tea or coffee.

Alternatively, delight in the 'Arabian Afternoon Tea Experience', which features delicacies that include chicken shawarma, ataif velvet pancakes, camel milk pistachio crème brûlée and more. Choose from over 25 varieties of premium tea and infusions, as tea specialists take you on a unique journey through Arabian culture.

Priced at Dhs170 per person, including afternoon tea stand and unlimited infusions, Afternoon Tea at Al Bayt takes place every Sunday, Monday, Tuesday and Thursday from 2pm to 6pm. E-mail dine@emaar.com or call +97148883444.





👉 **The Noodle House, various locations**

Home to a melting pot of traditions, Taiwan's cuisine is built on strong influences from Minnan, Teochew and Hokkien Chinese communities, as well as Japanese cooking techniques, and till September 22 diners at The Noodle House can experience a true taste of Taiwan. The specially curated menu kicks off with a staple Taiwanese drink, the Popping Boba tea – Jasmine tea with passionfruit bubble (Dhs22) – fruit bubbles that are filled with real fruit juice flavours and are combined with a variety of teas. As for the feast, Taiwanese streetside favourite Run Bing (Dhs55) – the south east Asian equivalent of a Mexican burrito - comprising a wheat wrap filled with bean sprouts, cabbage, bean curd, carrots, mushrooms, crushed peanut and a variety of aromatic beef stocks, is the perfect complement.

The Buddha Noodle Soup (Dhs64) is also on the menu, crafted with lotus root and shiitake mushrooms – a perfectly orchestrated bowl of spicy, savoury, fresh and salty delights. Finally satisfy your sweet tooth cravings with Pineapple Cake (Dhs33) – the iconic Taiwanese pastry filled with candied pineapples and topped with its own popsicle, a fun twist added by Chef Stefan.

The special Taiwanese menu is available across The Noodle House's Dubai outlets, and as part of the restaurant's home delivery menu for those who prefer dining in the comfort of their own home. For more information on dine-in options or to order home delivery, visit thenoodlehouse.com or call 800-NOODLE (666.353).

👉 **Dunes Café, Shangri-La Hotel, Dubai**



Enjoy brunch the real way and go back to basics every Friday at Dunes Café. Nourish your body and mind with a medley of nutritious, wholesome and healthy dishes made with the freshest ingredients, from healing chia bowls to our nutty homemade granola. During brunch you can also indulge in a little retail

therapy with a variety of artisanal stalls. Taking place every Friday from 12.30pm to 4pm, the brunch is priced at Dhs195 (food only), Dhs235 (soft beverages), and Dhs350 (house beverages). Call 04-4052703 or e-mail f&breservations.sldb@shangri-la.com.

**3
NEW
BREAKFAST
SPOTS TO
TRY!**



👉 **Boulevard Kitchen, Manzil Downtown**



Indulge in a delectable family-friendly breakfast in the contemporary and relaxed setting of Boulevard Kitchen at Manzil Downtown. From fresh pastries straight out of the oven, a farm-to-table eggs station to traditional Middle Eastern delicacies, there is a breakfast-staple to suit every

palette. The breakfast spread features signature delights and breakfast favourites such as crab and avocado sandwich, Nutella pancakes, egg benedict, crisp waffles, fowl, French toast, freshly baked pastries and much more. Kick start your morning on a healthy note with a range of refreshing smoothies and shooters, perfectly blended to boost your energy and inject a much-needed dose of vital nutrients and vitamins. Breakfast is served daily from 6.30am till 11am and is priced at Dhs125 per person. Call +971 4 8883444 or email dine@emaar.com.

👉 **La Serre, Vida Downtown**

Encased in a beautiful two-storey glass facade, La Serre at Vida Downtown consists of a traditional Parisian boulangerie on the ground floor which is ideal for breakfast and a bistro on the first floor, ideal for dinner. If you're in a search of freshest bread and pastries in the city, head to La Serre Boulangerie at Vida Downtown.

Combining the charm of a Parisian street café with the electricity of Downtown Dubai, La Serre Boulangerie is a neighbourhood hub serving breakfast delights such as croissants, pain au chocolat and Danish à la framboises, organic eggs benedict, French toast, bagel with smoked salmon and dill cream cheese, waffles with maple syrup and chocolate sauce, plus more. The beverage menu includes a wide selection of coffees and herbal teas to freshly squeezed fruit blends and juices. Breakfast is served daily from 7am. Call +971 44 286 966 or email reservations@laserre.com.

AT.MOSPHERE'S SENSATIONAL NEW MENU

Brand new multi-course seasonal menus, breathtaking city views and a fine dining experience to remember awaits at Burj Khalifa's iconic restaurant At.mosphere located on level 122



This season, At.mosphere, the fine dining restaurant located on level 122 of the iconic Burj Khalifa, has launched mouthwatering new multi-course seasonal menus.

Indulge in a unique mix of classic favourites and innovative international dishes, prepared with premium and fresh seasonal ingredients.

Featuring imaginative creations and exquisite combinations such as foie gras terrine with strawberry, fig and brioche, organic salmon gravlax with capers and cucumber, hand dived scallop with slow cooked chips, Oscietra caviar and crustacean emulsion, wild sea bass with spinach gnocchi and watercress coulis, chicken with celery mousse and artichoke barigoule, the new menus promise to delight the senses.

The elegant vegetarian selection includes roasted truffle asparagus as starters and delectable risotto with wild mushroom and Parmesan foam for mains.

At.mosphere's dessert menu has received a seasonal upgrade with famed vacherin served with strawberry and French meringue and brand new additions including salted caramel butter choux, panna cotta with crispy mango and passion fruit jelly.

The new indulgent menus at At.mosphere, Burj Khalifa promises to deliver exceptional quality and the best luxury dining experience combined with spectacular views of Downtown Dubai.

EXPERIENCE

AVAILABLE: Daily from 6pm until 12am (last seating at 10.15pm)

PRICE: The 'Seven-Course Experience Menu' is priced at AED 980 per person and AED 1,880 per person with grape pairing. The 'Five-Course Tasting Menu' is priced at AED 840 per person and AED 1,560 per person with grape pairing. The 'Three-Course Dinner Menu' is AED 680 per person.

NEW LADIES' NIGHT

At.mosphere Lounge has introduced a new daily 'bubbles night' for ladies from 9.30pm till midnight. For just AED 120 per person, each lady will receive a bottle of bubbly and a selection of canapés.

ATMOSPHERE
BURJ KHALIFA

At.mosphere Restaurant, Burj Khalifa
04-8883828
reservations@atmosphereburjkhalifa.com

EAT OUT

ABU DHABI

Dining deals and happenings in the capital this month.



SACCI, WESTIN ABU DHABI GOLF RESORT & SPA

Experience La Dolce Vita at one of Abu Dhabi's most loved Italian dining experiences at Westin Abu Dhabi Golf Resort & Spa. Sacci is an authentic family style Italian Trattoria that pays tribute to the rich heritage of Italian cuisine.

It's a place that combines the flavors of childhood and the aromas of a summer at the family terrazza, in a cosy setting right in the heart of Abu Dhabi. Located next to a garden, Sacci has its own private outdoor terrace, a bar and a private dining area for special group functions.

With the introduction its new chef, Giuseppe Sparagna, originally from Rome, Sacci is ready to welcome you in true Italian tradition – with the warmth of homemade Italian food and a deliciously curated menu.

True to Westin's commitment to 'eat well', Sacci has introduced several seasonal menus including delicious vegan offerings and special all asparagus menu. From an extensive range of delightful antipasti and imported aperitifs to fresh homemade pastas and hearty pizzas, discover the true meaning of Italian cooking through the warm and comfy atmosphere offered at Sacci. To wind down your evening, don't miss out on delectable Italian desserts with classics such as tiramisu, pannacotta and much more.

For more information or to book, please visit sacciabudhabi.com or call +971 2 616 9999. Open Sunday to Friday, 6pm – 11pm.



BRAUHAUS, BEACH ROTANA ABU DHABI

German bar and restaurant, Brauhaus at Beach Rotana has created a seasonal menu around the chanterelle mushroom – a type of popular mushroom from Germany. From September 3 till 28, enjoy dishes made using the sought-after mushroom, such as forest chanterelle mushroom soup with mini chanterelle tart flambé, seared venison escalope with cranberry sauce and creamy chanterelle mushrooms, Angus strip loin with chanterelle mushroom goulash and more.

Chef Pedro Kimmig, specialty outlet chef at Brauhaus, said: "Guests will enjoy the intense earthy flavour of this gourmet mushroom that balances and enhances any dish it accompanies. Chanterelles are a delicacy and the selection of recipes is varied: whether with fish, game or vegetarian, whether warm or cold - there is something for every taste."

For more information and reservations, please call +971 (0)2 697 9011 or e-mail fb.beach@rotana.com.

VILLA TOSCANA, THE ST. REGIS ABU DHABI



This month at Villa Toscana, chef Rosario Martorana invites you to relish a fine selection of traditional and modern cannelloni, one of oldest Italian food

traditions tracing back to 1770. Cannelloni translates to "large reeds" in Italian, a reference to the hollow tubes of pasta that are filled before being baked.

From September 20 – 30, daily from 7pm – 11pm, try Tuscan Cannelloni 'Fiorentina', filled with spinach and creamy ricotta, Lobster Cannelloni or Tuscan Cannelloni 'Dolce Forte' stuffed with lamb and cocoa chocolate.

For reservations and more information, please email restaurants.abudhabi@stregis.com or call 02 694 4553 or see villatoscana-abudhabi.com.

STARS 'N' BARS, YAS MARINA

Yas Marina's American eatery Stars 'N' Bars will introduce its fans to a new marathon brunch adventure every Friday from 12pm until 12am. Starting from Dhs275 inclusive of food and beverage packages, the new 'Frunch' (Aka fun brunch) will feature an array of famous games hosted to entertain guests throughout the evening.



The day begins with a brunch filled with scrumptious dishes and flowing beverages from 12pm until 4pm, followed by an after party at 4pm till 8pm, whilst soaking in a stream of live music from award-winning band 'The International Playboys'. Frunch seamlessly continues until 12am, and for those who want to take part in the range of games, have the option to participate in

activities including Giant Connect 4, Jenga, Flippy Cup, Pool Tables, Limbo and most importantly the Karaoke competitions.

Brunch packages start from Dhs275 from 12pm – 4pm with food and drinks package, while the after-party package is Dhs198 from 4pm – 8pm with unlimited beverages or opt for both brunch and after-party for Dhs385. For reservations please call 025650101.

BORD EAU, SHANGRI-LA HOTEL, QARYAT AL BERI, ABU DHABI



Shangri-La Hotel, Qaryat Al Beri, Abu Dhabi invites fans of French cuisine to experience an evening to enjoy fine grapes from around the world or take a trip through Paris through its special dining experiences.

On September 19, Bord Eau will welcome guests for an evening with a four-course set menu paired with Thierry Villard grapes. Canapes will be passed around on the terrace upon welcome. As the night begins, dinner will begin with a porcini mushroom royale starter, which will be followed by sea bass served with fish soup jus.

The main act features Australian lamb shoulder slow-cooked for 24 hours. A grand meal like this can only be completed with the much-loved Valrhona chocolate extravaganza. Served from 6.30pm until 11.30pm, the dinner will be priced at Dhs889 with pairing and Dhs526 for food only.

From September 14, the popular 'From Paris with Love' dinner also returns for its fall edition. Set up to resemble a restaurant by the Seine, Bord Eau offers the perfect romantic ambiance for guests to enjoy a three-course set menu designed by Chef Reiner – all complemented by a bottle of grape. For this dinner, enjoy the option of smoked celeriac soup with blow-torched salmon or homemade foie gras terrine as an amuse bouche. For mains, guests can choose between Atlantic cod fish and braised beef ribs. To finish the meal on a sweet note, there is the classic speculos cheese cake with strawberry and chocolate ice-cream.

A caricaturist will create a drawing of the guests, while the best-dressed couple gets the chance to win a surprise gift on the night. Priced at Dhs555 for two, the dinner includes a welcome drink as well. The dinner can be upgraded to a six-course set menu, where all choices are served, at an additional price of Dhs194 per person. For bookings, please call 02 509 8888.



TAQADO MEXICAN KITCHEN, ABU DHABI

To celebrate the opening of its new restaurant in Yas Mall, Taqado Mexican Kitchen has teamed up with Carriage delivery service to offer Dhs25 burritos to customers in Abu Dhabi.

Valid on Carriage orders made from Taqado Mexican Kitchen in Yas Mall, Galleria Mall and The Mall World Trade Center, Dhs25 burritos are available to order through the app from through till September 15.

Taqado is an original homegrown UAE concept, with 17 restaurants across Dubai and Abu Dhabi, and three more opening this year – all serving delicious, affordable Mexican cuisine.

The concept of Taqado is simple; pick a filling (achiote chicken, grass-fed steak, mushrooms, barbacoa, chili con carne, etc.), select a vehicle for the filling (taco, burrito, quesadilla, salad bowl, etc.) and then choose from toppings such as black or pinto beans, sour cream, sweetcorn salsa, guacamole or Monterey Jack cheese. Customers can also treat themselves to Taqado's all-day breakfast menu consisting of huevos rancheros, gluten-free avocado on toast, breakfast burritos, the newly launched Mini Luchadors kids menu, El Jefe sharing platters menu, and much more.

For more information, visit taqado.com.



STOCK BURGER CO. ABU DHABI, HOLIDAY INN ABU DHABI

Stock Burger Co. has launched a business lunch deal for Dhs50, inclusive of all applicable service charges, local fees and taxes. Diners are invited to step in and place their order with the promise of receiving it within 30 mins. Should this not happen, Stock Burger Co. offers the items free of charge.

For Dhs59 diners can choose among one of the premium burgers, including

the Camel Burger or the double-patty Boss Burger. Alternatively, vegetarians have two options (Portobello mushroom or falafel burger) while a bun-less version is also available. The burger is served with fries, and a soft drink of choice.

Available from Sunday to Thursday every week from 12pm to 4pm. Call 800 78 625 or e-mail stock@stockburgerco.ae.



AQUARIUM, YAS MARINA

Every Wednesday, from 7pm onwards, enjoy unlimited seafood paella at Aquarium. This traditional Spanish dish is made with a delicious selection of fresh shellfish, vegetables and saffron infused rice for just Dhs89 per person. It is the perfect fiesta meal to eat with friends while enjoying the marina views on the outdoor terrace. If you are in the weekend mood, then take the free-flowing Spanish Punch deal which includes the unlimited paella with punch for Dhs110. This is a great option for the gentleman since women drink for free while dining every Wednesday. For reservation and more details, call 02 565 0007.



Set Menu Deals

These fantastic prices for delicious set menus can be availed during Neighbourhood Restaurant Week from September 23 to October 6, 2018.

PUBS & GRUBS – AED 130 PER PERSON

- Bridgewater Tavern, at JW Marriott Marquis Hotel Dubai – Sports bar serving international classics
- Aqua Poolside Grill & Bar, at JW Marriott Marquis Hotel Dubai – International Cuisine
- La Farine Café & Bakery, at JW Marriott Marquis Hotel Dubai – French Cuisine

CASUAL DINING – AED 160 PER PERSON

- Izakaya at JW Marriott Marquis Hotel Dubai – Japanese Cuisine
- Positano at JW Marriott Marquis Hotel Dubai – Italian Cuisine
- Garden at JW Marriott Marquis Hotel Dubai – Peruvian Cuisine
- BASTA! By David Myers, at Renaissance Downtown Hotel, Dubai – Italian Cuisine
- BHAR at Renaissance Downtown Hotel, Dubai – Middle Eastern Cuisine

FINE DINING – AED 190 PER PERSON

- Prime68 at JW Marriott Marquis Hotel Dubai – Steakhouse
- Tong Thai at JW Marriott Marquis Hotel Dubai – Thai Cuisine
- Rang Mahal at JW Marriott Marquis Hotel Dubai – Indian Cuisine
- Bleu Blanc by David Myers at Renaissance Downtown Hotel, Dubai – French Cuisine
- Morimoto Dubai at Renaissance Downtown Hotel, Dubai – Japanese Cuisine



Diary Dates

Upcoming culinary events taking place at Renaissance Downtown Hotel, Dubai.

DAVID MYERS' CHEF'S TABLE AT THE GRILL COUNTER

Where: Bleu Blanc by David Myers
Date: September 24, 25, 27 and 28
Time: Evening
Price: AED 350pp, limited to 6 seats

FOUR-HAND CHEF'S TABLE AT THE GRILL COUNTER WITH CHEF DAVID MYERS AND CHEF ALEXANDRE SZKARADKIEWICZ

Where: Bleu Blanc by David Myers
Date: September 26
Time: Evening
Price: AED 650pp, limited to 6 seats

PASTA MASTERCLASS FOR THE FAMILY WITH CHEF DAVID MYERS

Where: BASTA! By David Myers
Date: September 29
Time: 11.00am – 1.00pm
Price: AED 120pp

THE LAUNCH OF THE MORIMOTO BRUNCH WITH CHEF MASAHARU MORIMOTO

Where: Morimoto Dubai
Date: September 28
Time: 12.30pm – 4.00pm
Price: Starting from AED 350pp

MOBILE FOOD PHOTOGRAPHY WORKSHOP

Where: Grounded
Date: September 29
Time: 2.00pm - 4.00pm
Price: AED 80pp

MIDDLE EASTERN CUISINE MASTERCLASS WITH CHEF MOHANAD ALSHAMALI

Where: BHAR
Date: October 5
Time: 12pm – 2pm
Price: AED 180pp

JW Marriott Marquis Dubai

Tel: +971 4 414 3000 | jwmarriottmarquisdubailife.com

Renaissance Downtown Hotel, Dubai

Tel: +971 4 512 5599 | renaissancedubailife.com

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LAO



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DUBAI PALM JUMEIRAH

Tried & *tasted*

Each month, we review four of the city's top tables.

Where?

**TRESIND, NASSIMA
ROYAL HOTEL**

Dining experience: Dinner

What's it like?

Tresind, the modernist Indian restaurant located on level 2 at Nassima Royal Hotel, Dubai has been a firm favourite among diners in the city – myself included – since opening. Having closed its doors over the summer to undergo a complete refurbishment and menu change, we've been eagerly waiting to see the changes, and can confirm that the re-vamp is simply beautiful, and the restaurant is better than ever.

Inside the layout is much more open-plan, with a welcoming bar and lounge area now situated to the left as you enter. Gorgeous, strong hues of blue adorn the walls, while bright, multi-colour fabrics cover the dining chairs and cushions.

Seated at the table, it feels homely and intimate, yet the surrounding atmosphere is social and vibrant.

Staff at Tresind are on the ball and ensure you're well looked after. They operate with great professionalism and really add to the overall experience – from start to finish the hospitality was seamless.

What are the food highlights?

In line with its brand-new interiors, the menu at Tresind has too undergone its own evolution. Led by head chef Himanshu Saini, the kitchen here operates with finesse and theatrics. A good majority of Tresind's dishes are created and served tableside, offering an interactive, multi-sensory culinary experience that is quite evidently loved by its guests.

To start, the journey begins with a pre-appetizer of okra, onion and mango focaccia, curd rice with cucumber and the most delightful pani puri, and butter

and garlic prawns quickly follow – cooked before our eyes on a gas tabletop hob, the buttery, garlicky smell has my mouth watering before I've even had a bite. The finished product is tender and incredibly tasty.

The interaction continues with cedarwood-smoked tandoori chicken, which is wrapped and torched at the table. Once served, the chicken is moist, succulent and bursting with flavour. Next, deliciously tender strips of wagyu satay are served with a peanut dipping sauce and impress the whole table. Although still only making our way through starter dishes at this point, it's clear to see why Tresind is so-loved by its diners. Not only are the portions generous, but each and every plate is presented with such attention to detail and all flavours are so thoughtfully paired.

So much is so even for the yuzu palate-cleansing sorbet that's served next, nestled in a cute lemon tree, accompanied with dry ice and all.

For main, a trio of flavour-bursting curries comes, each of which showcases a different ingredient. I honestly can't say one was better than the other, as they were all equally as good. If you're visiting Tresind with a couple of friends, I'd definitely recommend getting the kadhai lobster, chicken chettinad and the Bengali



kosha mangsho (a mutton curry) to share as they're all too good not to try.

As a lover of sweets, my dining partner had been eyeing up the dessert trolley all night, which had been hopping from table to table for diners to choose from the selection. Let's just say, leave room for dessert as there's an exceptional variety on offer.

How was the service? Tresind's team are attentive and masters when it comes to hospitality – they truly make you feel at home and at ease.

The bottom line: If you're a lover of Indian food, Tresind is a must-try. The culinary team here really elevates and refines the cuisine, offering a well-rounded fine dining experience, while the interactive delivery, service and ambiance really allow for an all-round fantastic evening out.

Before or after dinner, don't miss a visit to the bar and lounge area, where expert mixologist Sherine John is on hand with a brilliant creative menu of his own.

Want to go? For more information or to make a reservation, call 04 308 0440.





Where?
LOCAL, TRYP BY
WYNDHAM DUBAI,
BARSHA HEIGHTS

Dining experience: Evening brunch

What's it like? Tucked away on the ground floor of the TRYP by Wyndham in Barsha Heights, I instantly felt overdressed as I entered Local's expansive dining area in a dress and heels. I soon realised that this laid-back eatery's Thursday evening brunch offering is not your typical glam affair, but rather a relaxed, all-you-can-eat and drink occasion for a quieter post-work catch up, where you wouldn't look out of place in sweats and flip flops. We're seated next to the live performer, who only added to the calm atmosphere with his acoustic covers.

What are the food highlights?

As with any brunch, I find it's essential to scan the entire buffet before taking the plunge with the first course – and there's plenty to see throughout Local's Mexican themed



spread, with numerous food stalls and cooking stations. I was instantly drawn to the nacho station, and soon realised that the homemade guacamole would be a staple addition to all of the dishes I tried throughout the evening. It's the perfect texture, with just the right hint of spice, so be sure not to miss this.

No Mexican feast is complete without tortillas and tacos, and Local's live fajita cooking station does not disappoint. Portions were served with a splash of mole, sautéed peppers and onions, and topped with a choice of chicken, beef or veggies. We added cilantro cream for an additional burst of flavour, and enjoyed bite-size portions of buttery, melt in the mouth corn-on-the-cob on the side. Enchiladas, burritos, tacos, chimichangas and quesadillas can also be ordered from the kitchen.

There is also a vast salad bar on offer, with standout dishes including the salmon and avocado cream cones, and feta, corn and kidney bean salad pots.

For dessert, we tried the Mexican rice pudding, which is delicately flavoured with cinnamon. I was



slightly taken aback to discover this dessert is served chilled, but it was tasty nonetheless. If you're a chocolate lover like me, then the chilli and chocolate pudding is a must. This dish is served hot and seemed even hotter with the heated aftertaste from the chilli!

How was the service? The staff at Local were very pleasant and attentive throughout the evening and were always on-hand to offer their recommendations from the vast buffet menu. For those who enjoy a drink after work on a Thursday, never fear – our glasses were never left empty for long!

The bottom line: This laid-back, informal eatery is an ideal spot for winding down and seeing in the weekend with a plate of tasty Mexican grub and a margarita in hand.

Want to go? Prices start at Dhs199 for the Peso Package, inclusive of selected house beverages plus one token per person for a Herradura shot. The Thursday Fiesta Drunch runs every Thursday from 7pm till 10pm. To book, visit localdxb.com/#Reservation, or call +971 4 2476630.





Where?

ZAROOB, DUBAI MARINA

Dining experience: Lunch

What's it like? This popular Levant-style street food eatery is situated on the ground floor of the Radisson Blu Dubai Marina hotel. The chain was first set up in 2010 and has quickly grown with four other outlets across Dubai and Sharjah, and several more planned in Abu Dhabi, Jeddah and London. Zaroob means “small alley” in Arabic and serves up tasty dishes inspired by traditional street food vendors found across the Levant region.

What are the food highlights?

Dishes on the menu are influenced by many different Arab countries from Lebanon and Syria, to Jordan Palestine and Egypt. Recently, the menu has been revamped with several new dishes being added to the list. Including a range of delicious salads, sandwiches and sawany fresh from the oven. Delicious new dishes include the spinach and watermelon salad, served with blueberries, feta cheese. From the new sandwiches, the meat in the kofta sandwich is grilled perfectly, and served wrapped in fresh Lebanese bread. From the fresh oven cooked sawany, be sure to try the kibbeh in a pan. The homemade kibbeh is baked with a mouth-watering mix of meat, pine nuts and comes with a tasty cucumber yoghurt. The roasted chicken mousakhan, is well worth a try too. The chicken is marinated and roasted with aromatics including onions, sumac and olive oil, comes with with a side of fresh warm bread.

There's plenty to love about the older items on the menu too. Staples like the falafel, fried halloumi and chicken shawarma were all cooked to perfection. The restaurant's light Zaroobian section of the menu has plenty of delicious lighter bites, including a tasty light



cheese saj and their oat dough with wild za'atar man'oushe.

The restaurant doesn't scrimp in terms of drinks either, there's a live juice bar serving up a range of tasty flavours including avocado, pomegranate and strawberry, along with hot drinks and fruity mocktails available on the menu.

How was the service? When BBC Good Food Middle East visited the restaurant, service was to a very high standard. Despite being busy, we were seated promptly, and menus were quickly brought to the table by the serving staff. The waiting staff could easily explain the nuances of the different dishes on the menu, and make recommendations about which flavours would pair best, along with retelling some of the history of the different dishes.



The bottom line: The restaurant interior is definitely a highlight of visiting Zaroob. The restaurant walls are covered in brightly coloured Arabic graffiti, with furniture including a mish-mash of authentic pieces from the Levant and laidback bright café-style furniture. When BBC Good Food Middle East visited midweek for lunch, the restaurant was busy with groups visiting for a business lunch and families popping by for a quick bite.

Want to go? For more information or to order online, visit zaroob.com.

Where?

EAT WELL, DUBAI

Dining experience: Lunch

What's it like? The restaurant is situated on the first floor of the Dubai Herbal and Treatment Centre. Although there is no outdoor area to eat, the restaurant has floor-to-ceiling windows with the Downtown Dubai skyline in the distance. The restaurant is laidback, and casual with an open window into the kitchen. When BBC Good Food Middle East visited, the restaurant was busy with a mix of crowds taking advantage of the great business lunch deal (two courses for Dhs70pp) and gym-goers popping by for a post workout healthy meal.

What are the food highlights?

There's three menus on offer if you visit for lunch or dinner (and a separate breakfast menu available in the mornings). There's the a la carte, specials board and vegan-only menu to pick from. For starter, BBC Good Food Middle East tried the vegan caprese (a vegan mozzarella cheese, tomatoes, basil leaves, Rocca oil and a balsamic glaze). The dish was packed full of fresh Italian flavours, and made for a delicious, realistic substitute to the traditional dairy alternative. For mains, the paleo steak and salad dish (with alcohol free red wine reduction), the vegan spinach and coconut yoghurt risotto and the salmon on greens dish are all worth a try. BBC Good Food Middle East tried the oven baked seabass with beetroot, lentils, kale and basil pesto. The fish was incredible fresh and cooked to perfection. For dessert there's a range of delectable guilt-free treats available, including moreish vegan chocolate volcano, served with strawberry sauce and chocolate

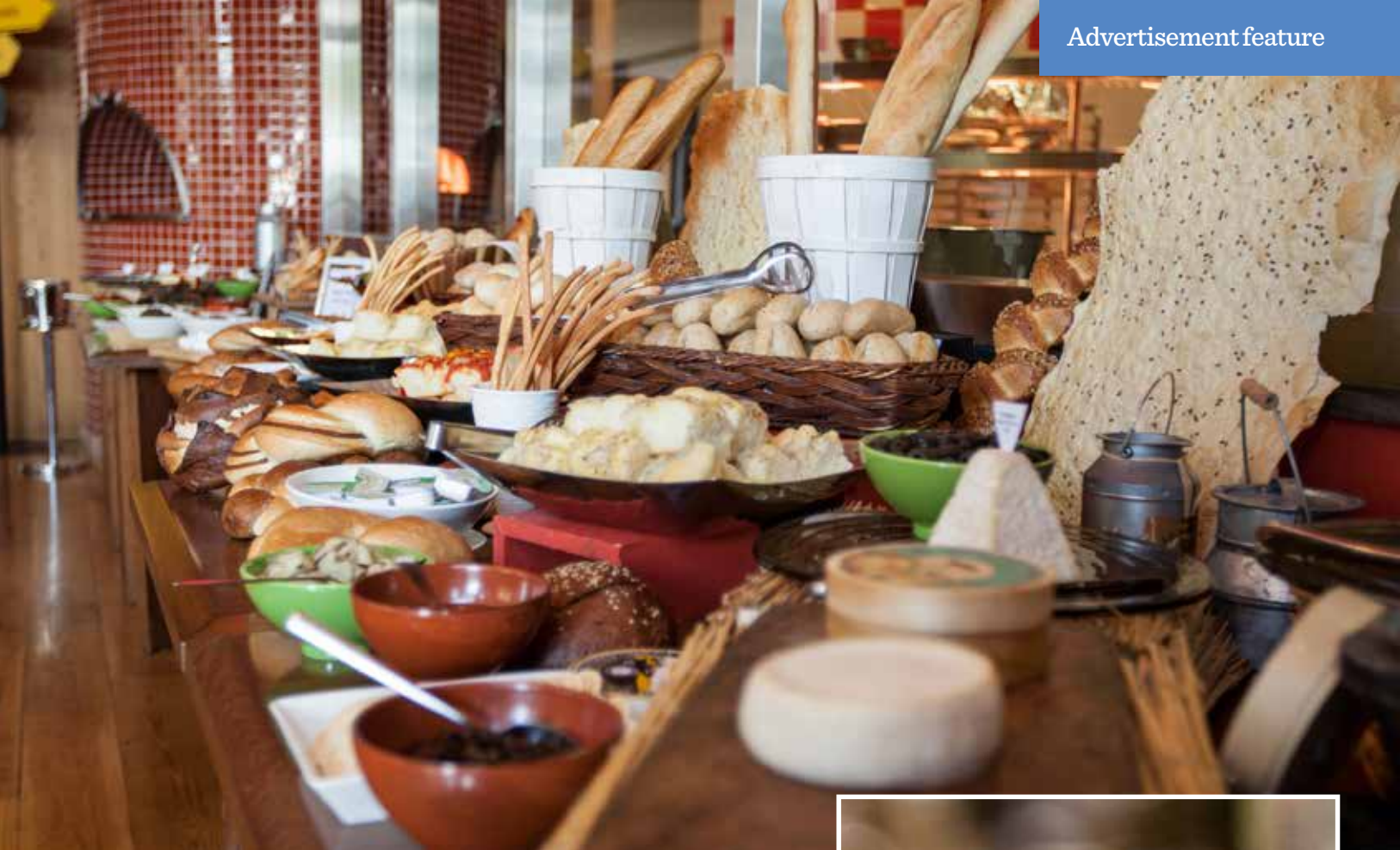


frosting and the tasty orange panacotta, made with almond milk, coconut cream, maple syrup and fresh oranges. The restaurant has an impressive range of teas, and flavoured water. The detox water is delicious and refreshing as are the homebrewed herbal teas (we tried the delicious refreshing fresh spearmint tea).

How was the service? The service is impeccable at Eat Well. Manager Reji heads up the team, and makes every diner feel welcome at the restaurant. When BBC Good Food Middle East visited, the drinks and food order were both taken quickly, and food was delivered promptly – perfect for both a business lunch or a lazier laidback weekend meal.

The bottom line: Many health food cafes make the mistake of focusing on the nutritional content of dishes, while neglecting flavour. Not so, at Eat Well restaurant Dubai. This health food restaurant has a menu that is packed full of tasty, flavoursome dishes, which also pack a punch in terms of nutritional value. All dishes on the menu are gluten-free, and many are dairy free too. Although many options on the menu are suitable for vegans and vegetarians, there is still plenty available for carnivores and pescatarians too.

Want to go? For more information or to make a reservation, call +971 5447 66326 or visit dubaieatwell.com.



An unmissable summer brunch

A sumptuous spread, interactive cooking stations, a dedicated family zone, entertainment by a live DJ, plus a chance to venture inside the kitchen and more awaits at Amwaj Rotana's weekly Friday summer brunch!

For a culinary feast suitable for the whole family, head to Amwaj Rotana's weekly four-hour Friday brunch, where you can delight in a spread of over 80 international dishes, as well as live stations that feature cuisines from all four of the hotel's signature, award-winning restaurants: Benihana, Rosso, JB's and Horizon.

On the menu you'll find Italian, Japanese, British and American dishes, along with a wide-range of other famed dishes from around the globe. The menu also features the use of organic produce and locally-produced ingredients.

No brunch at Amwaj Rotana is complete without a venture inside the kitchen of Benihana, where you'll be able to interact with the restaurant's charismatic chefs firsthand as they prepare your food made-to-order.

For families visiting with children, you'll be pleased to hear that the Flipper's Kid's Club is open for the duration of brunch, where little ones will be keep busy watching movies, playing games and much more – making the Friday brunch experience fun for the whole family!



THE DETAILS

Summer Brunch at Level 2, Amwaj Rotana

PRICE

AED 199 with soft drinks
AED 299 with house beverages

TIME

Every Friday, 12.30pm – 4.30pm

Amwaj Rotana, Jumeirah Beach Dubai

Call: 04-4282000

Visit: rotana.com/amwajrotana



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Back to school

From packing school lunchboxes and after-school suppers, to school morning breakfasts and family-friendly restaurants, this is our back to school survival guide

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of school morning breakfasts*

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How we eat now

How to win the battle of the school-day breakfast

If you're short on time, it's tempting to give your kids sugary cereals. But there's a healthier way, says **Emma Freud**

@emmafreud



The time has come to tackle the thorny issue of school-day breakfasts. In our house, it's not a pretty affair: after my children have slept through the first four attempts to wake them, grumbled into their clothes, lost their shoes and taken quite a lot of time to not make their beds or tidy their rooms, there's usually only about eight minutes left for the eating part of the morning, until it's time for them to mislay their homework, get shouted at for forgetting to brush their teeth and be late leaving for school.

Of these eight breakfast minutes, about five are spent in a battle about what to eat. 'Scrambled eggs?' 'Not again – could I have Coco Pops?' 'No.' 'Why?' 'Same reason as yesterday – too much sugar. Toast and marmite?' 'Yes.' 'Hooray.' 'As long as it's nice sliced white bread, not that brown stuff you make.' 'Then no.' 'Frosties?' 'Nope, same reason as the Coco Pops.' 'OK, how about pancakes?' 'Well, that would have been a good idea, but there isn't time now.' And so it goes on. Daily.

Most boxed cereals are puffed, flaked, flavoured, shaped, sugared and salted, stripping the grain of nutrients, which then have to be added back in using chemical versions so that the manufacturers can declare on the packet that technically it's good for you.

If you decide to take a hard line on sugary breakfast cereals, the problem is that preparing healthy food from scratch, which children will actually want to eat, takes time – and schools don't seem to recognise this when they insist on holding the morning assembly at 8.30am. Bircher muesli (soaked oats with fruit) needs to be made the night before, and who has ever remembered to do that? For pancakes, the ingredients need to be weighed properly with scales and ideally rested for 20 minutes before cooking. All the other really healthy dishes, like avocado on sourdough bread, or bran muffins, are impossible to get down the throat of any self-respecting child in 2018. Porridge is quick and nutritious, but my children refuse to eat it without an inch of sugar on top, which rather defeats the purpose.

In fact, they're so bored with me saying 'we need to eat less sugar,' that the youngest took to reading out the percentage of sugar per 100g from packets, in the full

knowledge that I had no idea what qualifies as high or low. I've researched this now on behalf of us all, and can tell you that 5g sugar or less is low and anything over 22.5g is high. For additional ammo, 4g of sugar is one teaspoon, which helps to put it into context. This all means that, when he says 'But this one is healthy. Look – only 35g of sugar,' I can knowledgeably put it back on the shelf while shaking my head and tutting 'that's nine teaspoons' worth – no chance.' And don't be fooled by the portion sizes. The box of one leading brand labels 'a portion' as 45g. I asked my son to pour himself a normal-sized bowl of it, and he poured out 90g. That quantity has 18g of sugar – one teaspoon of sugar more than a Milky Way.

“
Preparing food from scratch that kids actually want to eat takes time
”

Sadly, there's no point turning to low-fat yogurt as a healthy alternative. Because it has less fat and is therefore less satisfying to eat, many companies use sugar to dial up the flavour. For example, a regular serving of one fat-free honey yogurt has around 32g of sugar in it – that's 2g more than a small packet of gummies.

So, my mission this month has been to create a healthy breakfast that can be made from scratch in five minutes, and which a picky child will happily eat. First up, the instant smoothie, which contains carefully concealed oats for slow-release energy, as well as plenty of milk and fruit. Job half-done in a thirty-second whizz. And then – my

miracle solution – three-minute banana blender pancakes: five ingredients, no weighing, no processed sugar, easy to cook and gorgeous.

I tried them on my boys this morning, and the verdict was ecstatic (for teenagers at 7.30am). 'Yeah, OK, they're not bad. In fact they're quite good I suppose.' 'Guess how much processed sugar?' 'How much?' 'Literally none.' 'Oh great – so I definitely don't need to brush my teeth today.' As all parents know, you actually can't win.

Good Food contributing editor Emma Freud is a journalist and broadcaster, director of Red Nose Day in the UK and a co-presenter of England's Radio Four's *Loose Ends*.

HIGH-SPEED BREAKFAST

All the major food groups, minimal processed sugar, child-friendly, delicious, low on washing-up, no scales needed and ready in minutes. Feeds two hungry, fussy kids.

Two-minute breakfast smoothie

SERVES 2 **PREP** 2 mins
NO COOK **EASY** **V**

1 banana
1 tbsp porridge oats
80g soft fruit (whatever you have – strawberries, blueberries, and mango all work well)
150ml milk
1 tsp honey
1 tsp vanilla extract

1 Put all the ingredients in a blender and whizz for 1 min until smooth.

2 Pour the mixture into two glasses to serve then, without washing the blender, use it to make the banana pancakes (right).

GOOD TO KNOW low fat • 1 of 5-a-day

PER SERVING 156 kcal • fat 3g • saturates 2g • carbs 25g
• sugars 19g • fibre 2g • protein 4g • salt 0.1g

Three-minute blender banana pancakes

SERVES 2 **PREP** 1 mins **COOK** 2 mins **EASY** **V**

small knob of butter, for frying	½ tsp baking powder
1 banana	chopped strawberries and banana, to serve (optional)
1 egg	maple syrup, to serve (optional)
1 heaped tbsp self-raising flour	

1 Melt the butter in a non-stick frying pan over a low-medium heat. Meanwhile, add the banana, egg, flour and baking powder to a blender, and blend for 20 seconds.

2 Pour three little puddles straight from the blender into the frying pan. Cook for 1 min or until the tops start to bubble, then flip with a fork or a fish slice and cook for 20-30 seconds more. Repeat with the rest of the mixture to make three more pancakes.

3 Serve the pancakes with chopped strawberries or banana and a splash of maple syrup, if you like.

PER SERVING 153 kcal • fat 5g • saturates 2g • carbs 21g
• sugars 9g • fibre 1g • protein 5g • salt 0.5g



FAMILY-FRIENDLY RESTAURANTS IN DUBAI

From buy one get one offers to completely free kids meals and free coffee for Mum and Dad, here are some of the best 'back to school' dining deals around Dubai for the whole family this month



Carluccio's, all locations

Parents rejoice – throughout September your little ones can dine for free at all Carluccio's across the UAE. For any adult main meal purchased, kids can tuck into a menu of three courses including bread and veg sticks to start, pizza and pastas for main and ice cream or cake for dessert. Don't forget the brand new outlet located at the Springs Souk in Dubai and check the website for ongoing promotions including cooking classes and free birthday pizza. The offer is available all through September, Sunday through to Thursday only.

Baker & Spice, Souk Al Bahar

Whipping up delicious breakfasts suitable for the whole family, the menu at Baker & Spice is ruled by harvest cycles, and locally sourced ingredients that are organic and fresh for every meal. The family-friendly ambiance is always buzzing on weekends, as diners enjoy views of Burj Khalifa and Dubai Fountains while they dig into the restaurant's signature shakshouka, omelette of gruyere and cherry roast tomatoes, or tickle their sweet tooth with blueberry pancakes. Try something from the



array of seasonal bakery items, where apple and sultana Danish, cinnamon caramel Buns, pain au chocolat and croissants are a staple. From avocado toast to homemade granola with seasonal fruit compote and yoghurt, Baker & Spice guarantees plenty of freshly made options in a laid-back environment. Call 04 425 2240 or visit bakerandspiceme.com.



Feast, Sheraton Grand

Every Friday at Feast from 1pm till 4pm, youngsters will be entertained in the Little Explorers' Corner, and the tasty, expertly prepared fare for under-12s is specially tailored to smaller tummies. Local band VA plays at the venue each weekend, sharing the fusion of classic renditions and making the fun, family-friendly vibe even livelier for all.

Meanwhile, the grown-ups can enjoy making their own martinis and mojitos, along with other customised beverages with the help of expert bar staff. A fun, interactive experience, the mixology lab is available free of charge at the weekly event, at which guests can indulge in many international culinary delights.

Brunch is priced at Dhs325 (soft drinks), Dhs425 (house beverages), and Dhs595 (bubbly). Visit feastrestaurantdubai.com/en/brunch, e-mail 03731.feast@sheraton.com or call +971 4 503 4309.



Füme, Pier 7

If you're looking for a brunch spot that's suitable for children, this one at Fume is a perfect option.

Combining great food with a lively atmosphere and a specially crafted kids menu, brunch here offers spread that includes everything from chops to chips, briskets to burgers, pastas to parmigiana and much more. Specialties include calamari with sweet

chili sauce, feta & watermelon salad, lamb chops, Angus beef burger, pappardelle meat balls, all accompanied by desserts and beverages. If you are always on the look-out for a relaxed family spot to spend a lovely laid-back Friday afternoon with great food and classic jazz tunes; look no further – Füme offers an ideal deal for both kids and adults. Every Friday from 12pm to 4pm. Priced at Dhs199 with house beverages. Brunch is priced at Dhs30 per child. Talk about great value! Call 04 4215669.



Clinton St. Baking Company, City Walk

For the month of September, Clinton St. Baking Company, the New York City born all-day dining concept, has introduced a '2 for 1 Happy Hour' for the little ones as an after-school pick-me-up. Designed just for children, the menu here uses ingredients that have been carefully selected to ensure the final dish excites and nourishes. The delicious dishes include favourites which can be enjoyed without a fork or knife from handheld waffle squares to tiny bites of crunchy chicken. Happy Hour crowd favorites include fluffy pancakes made with organic whole milk, warm maple butter, a choice of fresh ripe blueberries, 70% dark chocolate chunks, mashed bananas and an in-house created caramel sauce made for Dhs20, fried chicken bites with homemade crunchy waffles served with in-house warm maple butter sauce for Dhs25, Angus cheeseburger, free-range chicken sausage and more. Kids Happy Hour is available every day from 3-6pm through September. Delivery is on offer through Deliveroo.ae. Visit clintonstreetbaking.ae or call 04 428 1331.

Eggspectation, JBR & City Walk



To celebrate back to school, Eggspectation, Dubai's favourite Canadian eatery, are handing out free coffee and a sweet treat for all the busy parents, with each kid's meal

purchased. Throughout the month of September, head to either City Walk or the JBR branch, where adults can sit back and unwind, while the kids enjoy their lunch after a busy day back at school.

The Eggspectation children's menu was designed specifically for the little ones, with options including pancakes or waffles for Dhs22, baked Bolognese for Dhs29, panko fish and chips for Dhs32, hamburger or chicken burger for Dhs35, plus more. Each meal is accompanied by a glass of freshly pressed juice, milk or water. The offer is available through September, Sunday through Thursday from 3-6pm.

Eggspectation is located on The Walk JBR, and open seven days a week from 7am to midnight; call 04 430 7252. The second branch is also now open at City Walk – operating seven days a week from 7am to 11pm; call 04 240 6877.



Nosh, Mövenpick Hotel Jumeirah Lakes Towers

The family-friendly 'Cartoon Brunch' returns to Nosh on September 7 and will continue every

Friday moving forward. In its new season, the brunch will relaunch with a fresh look and new dishes on offer. Inspired by fun and bright cartoons, the brunch experience is an exciting journey of illustrative food stations presented in an innovative way to entertain both adults and kids alike.

At the buffet, expect to find live stations with dishes like tandoori kebab, plus a street food corner with items like poached seafood, sashimi and sushi. In the Italian corner there will be delicious pizzas and pastas as well as a chocolate fountain in the desserts station to add flair. For the little ones, there will be weekly balloon binder entertainment in the privacy of their dedicated kids' corner that boasts of a 'Power Bites' buffet, face painting, movies, colouring mats, a photobooth and other activities.

The Cartoon Brunch Buffet is available every Friday from 12.30pm to 4.00pm and is priced at Dhs179 per person including soft beverages and Dhs289 including house beverages. Children from 6 years to 12 years dine at half price while those under 6 years dine with compliments. Call +971 4 438 0000 or visit movenpick.com/jumeirah-lakes-towers.

Brothaus Bakery-Bistro, Steigenberger Hotel



Dubai's popular German bakery-bistro Brothaus is a place that's fun and delicious for the whole family. Every Friday at Brothaus, a casual, chilled out Berlin vibe is met with an array of delicious,

traditional breakfast and lunch options making it the perfect social spot to graze with friends and family.

Begin with fresh foods from the summer market counters, featuring tasty muesli, yoghurts and granola, freshly baked breads, European cold cuts and cheeses, pretzels and savory options. Be sure to leave some space for one of one of twelve main courses - like a pan seared salmon with avocado or baked käsespätzle. Then, if you still have room for something sweet, the homemade apple strudel will finish the job in style.

The brunch takes place every Friday from 10.30am – 3pm. Packages on offer include: 'The Full Frankfurt' for Dhs145 with a starter buffet, main course of choice, one coffee or tea, juice counter. 'Half A Hamburg' for Dhs75 with a starters buffet, one coffee or tea, juice counter. The children's menu is priced at Dhs45 with individual dishes for the little ones. An add-on drinks package is available for Dhs100 for any four alcoholic house beverages. Children under the age of six eat for free. Visit dubai.steigenberger.com or call 04 369 0000.

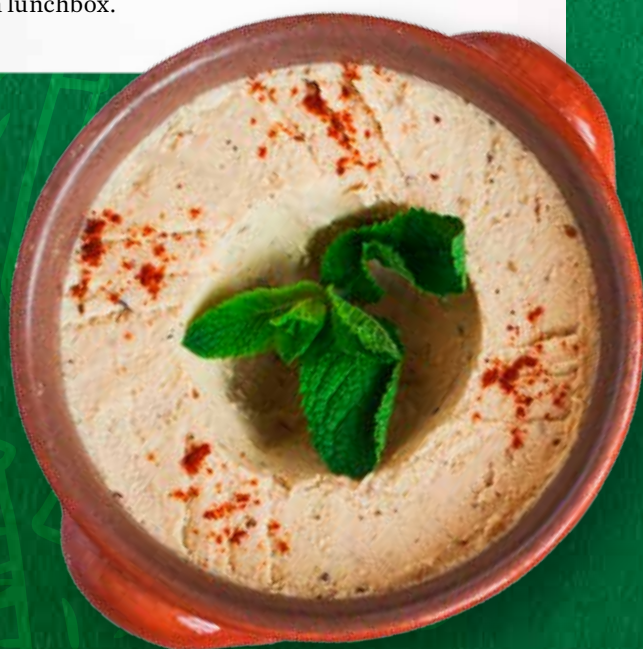
HOW TO Pack a NUTRITIOUS LUNCHBOX

These nutritious food swaps by Dubai-based nutritionist Nancy Bhatia are sure to inspire when packing back to school lunchboxes this season

School's officially back in and parents across the region are once again faced with the daily task of preparing lunchboxes that are not only tasty and inviting for children but also nutritious and healthy. Just like adults, kids also look for variations such as colour, texture, flavour and smell when it comes to food.

When packing lunchboxes, it's important to add a range of different colours and flavour combinations day-to-day, as it encourages children to explore and develop new tastes, while helping the child to eat healthier.

By simply swapping some of the old traditional food combos, a lot can be improved with your child's daily nutritional needs and habits. Here, we explore some interesting and healthier ways to pack a lunchbox.



Peanut butter

Often this yummy and healthy spread is misunderstood for being unhealthy. This is because it is most commonly used as bread spread, and with bread comes the unwanted excess carbs. Instead of using bread with peanut butter, try making a peanut butter fruit sandwich by spreading some peanut butter between two thin cut slices of an apple or a pear. The sweet and nutty flavour along with some crispy texture will add colour to your child's lunchbox and will improve the overall nutrition value of the snack.

Spreads

No matter how healthy you make a sandwich with vegetables or a lean cut of meat, adding cheese, mayonnaise or even a ranch spread will increase the amount of extra salt and unhealthy calories to the sandwich. As a substitute, try using hummus with a sprinkle of mint leaves as a spread or labneh with grated carrots and cucumber. Both these spreads will add protein to the sandwich and they are also versatile options for both breakfast and lunch. These spreads will not make the bread soggy either, which will make the sandwich more appealing to children after it's been packed in the lunchbox for a couple of hours. Try a cherry tomato with cucumber hummus sandwich with a slice of whole wheat bread and some blueberries on the side – it's deliciously nutritious!

Sides

French fries and pickled veggies are perhaps the most commonly available sides in the region, which undoubtedly are unhealthy. Just 100g of fries will add approximately 315Kcal to a meal. These calories are equal to 2.5 glasses of whole milk, 3 slices of bread or 4 medium sized bananas. Instead, prepare a piece of roasted pumpkin, some strawberry halves or a small corn cob on the side with a sandwich or with rice. These options are naturally sweet in taste, can be eaten at room temperature, they're easy to eat at school and provide rich vitamins, minerals and fiber.



Snacks

When it comes to snacks, ditch the bags of crisps, cookie boxes and microwave popcorn. Try nuts, trail mixes or home-baked corn chips with guacamole dip. Nuts are loaded with fiber and protein and are an excellent swap to microwave popcorn. You can also toast a soft corn tortilla or Arabic flat bread in a pan or in the oven with a brush of olive oil and some salt.

Sweets

It should never be a 'no' when it comes to children eating desserts, however, the focus should be on healthier desserts that are made with low-sugar ingredients in smaller portion sizes. Try baking a banana and walnut mini muffin with whole wheat flour for their lunchbox. Adding banana and sultanas will reduce the amount of sugar needed. Offer them fruit pieces with a small side of chocolate sauce to pour over. Select less pulpy fruits like melons, grapes, berries, and oranges. You can also make your own version of fruit pie by layering digestive biscuits with fresh strawberry pulp and a banana bread crumble on top, finished off with fresh cut fruit pieces on the side.



Nancy Bhatia is a nutrition policy consultant in the public and private sector. She has consulted for the government, schools and catering companies to develop school nutrition standards. She has also consulted for food companies in Dubai to develop healthy snacks such as Munch Box and for Kidzania, Dubai to develop culinary education programs for kids. To learn more, get in touch at naneestiffinbox@gmail.com.



NADIYA'S KITCHEN TABLE

HOW TO GET KIDS TO EAT THEIR GREENS

Dinner-time tantrums are a thing of the past in my house, says our columnist

Thinking back to when I was growing up, every single meal I ate was cooked by my mum, aunt or nan – always fresh, home-cooked meals packed with meat, fish and lots of greens. We did, however, eat an awful lot of offal! Perhaps two, three times a week – tripe, tongue, liver, kidneys and even chicken feet.

I remember very distinctly the day our teacher picked us all out one by one and asked us to come up and tell everyone what we had for dinner and why we enjoyed it. Without hesitation, I piped up, with a smile on my face: 'I had a cow's tongue curry.' The gasps and sounds of retching made me realise, for the first time, that what I ate at home wasn't necessarily everyone else's reality.

My dad was – and still is – frugal. He didn't like waste and he didn't like us eating 'rubbish', as he called it, even though I have caught him eating a sneaky Drifter bar in the car before he comes in. I realise now that I've become my dad. So often I've eaten a bar of chocolate to keep me going but consciously eaten it in the car away from the kids. I think there's a direct link to children copying their parent's behaviour. Growing up, we never had convenience food in the house, so we never questioned it.

When I had my own children, they ate what I cooked, which was always fresh home-cooked meals, raw veg and offal. They ate what I had in the cupboards too: chocolates, biscuits cakes and crisps. Although mostly cooperative, occasionally we have had a few protests.



“If I eat greens and they see that it hasn't killed me, chances are they will give it a go too”

We tried the whole 'you must finish your food' but that just made them weary and upset. So, we learnt that if we told them there was no snack after and they could eat what they want but they may still be hungry, it was enough to push them to eat what was there. Sometimes it worked, other times they went to bed hungry.

I used to feel awful when they were hungry, but what I've learnt is that we're in a first-world country with first-world problems – not to mention first-world guilt. Kids copy their parents: if I eat greens and they see that it hasn't killed me, chances are they will give it a go too. As parents, we are so good at comparing. We have had kids come for dinner and turn their noses up at the veg on the table. It instantly makes me proud of my own.

As a family we aim to have something green in every meal. Whether it's chopped cucumber, piles of spinach or peas, it's just become a habit. As the children have got older, we've gone from some tantrums to pretty much none. Taking control of our eating habits has meant we can take control of our lives!

top tips

• **Don't force them to eat everything on the plate.** That's quite scary if they're already weary. I try a few words of encouragement and then let them make a choice. Imagine how great they'll feel if they finish it – and because they wanted to!

• **Join them for dinner.** If I'm home, I'll have dinner with the children – talking about their day is a good distraction. Sometimes they eat without even realising how many greens they've had, especially if a little one is particularly fussy.

• **If they're unsure about a vegetable, get them involved.** Make them touch it, feel it, smell it and even taste it. Get them involved in the cooking, that way they will feel less scared when they see something new on their plate.

UNBEATABLE UNLIMITED DIM SUM DEAL

Much-loved two-in-one restaurant Thai Chi at WAFI Pyramids combines the best of both Thai and Chinese cuisines and this month has introduced an unmissable dim sum promotion, offering unlimited dim sum and drinks for a little as Dhs120 from September 14 onwards!



If you're a fan of dim sum, don't miss Thai Chi's new 'unlimited offer'. Every Friday for just Dhs120 per person, enjoy unlimited dim sum and Asian teas for three hours, or for Dhs250 per person, delight in unlimited dim sum with free-flow grape.

Expertly prepared by head chef Lee Sam Khoy and his team, all dim sum is made in-house for optimum freshness using only the highest quality of ingredients.

Choose from a wide-range of steamed and pan-fried options, including steamed prawns & cuttlefish suimai, chicken suimai, BBQ chicken buns or alternatively a radish ball for vegetarians. From the pan-fried selection, don't miss the chicken gyoza and wasabi prawns – they're sure to have you ordering seconds!

The menu is open and unlimited, so if you'd like additional servings of something you loved, all you have to do is ask the waiter.

Thai Chi Restaurant, WAFI Pyramids

Call: 04 324 4100

Visit: wafi.com

Open: Daily from 12pm – 3pm for lunch and 7pm – 12am for dinner

What's on the menu?

STEAMED

- Prawns & cuttlefish suimai
- Prawns & cuttlefish seaweed roll
- Prawn gyoza
- Chicken suimai
- Cabbage roll / chicken
- BBQ chicken Buns
- Radish ball
- Bean curd roll chicken in oyster sauce
- Custard buns with salted egg yolk
- Wonton prawns with chili

PAN-FRIED

- Prawns on toast
- Chicken forewing stick
- Vegetable spring roll
- Fried calamari in 5 spice salt
- Chicken ball
- Bean curd roll with sweet chili sauce
- Chicken gyoza
- Wasabi prawns
- Shrimps ball
- Radish cake
- Shrimps wonton soup



Lamb meatball
curry, p36

Back to school survival guide

Back to work? New term starting? Or just stuck in a recipe rut? Transform all your family meals with our collection of quick, easy and exciting recipes for this busy time of year

recipes CHELSIE COLLINS *photographs* TOM REGESTER

One-pot wonders

Satisfying suppers that will save on the washing-up, plus you can freeze leftovers for another day



Chicken, kale & mushroom pot pie, p36



Lifesaver lunchboxes

New ideas to pep up packed lunches

Little rascals For kids aged 4-8

You're a star sarnies

SERVES 1 PREP 15 mins NO COOK

Use a star-shaped cutter to stamp out three bread stars from **2 slices wholemeal bread** (freeze the off-cuts to make breadcrumbs). Swirl **1 tsp red pesto** through **½ tbsp cream cheese** and spread onto both sides of the stars. Close, wrap in cling film and chill in the fridge if making the night before.

PER SERVING 81 kcals • fat 5g • saturates 2g • carbs 6g • sugars 1g • fibre 1g • protein 2g • salt 0.3g

Fruity sundae

SERVES 1 PREP 10 mins NO COOK

Dollop **80ml natural yogurt** into an airtight container. Blend or mash **25g strawberries** to a purée and swirl through the yogurt. Top with **10g mixed berries**.

BENEFITS vegetarian • low fat • calcium • gluten free
PER SERVING 77 kcals • fat 3g • saturates 2g • carbs 8g • sugars 8g • fibre 1g • protein 5g • salt 0.2g

Add these extras 1 baby cucumber cut into chunks and 2 **tbsp houmous** in a small pot.



Snack attack Ages 9-12

BLT pasta salad

SERVES 1 PREP 10 mins COOK 10 mins EASY

25g pasta bows
2 cooked crispy bacon rashers, broken into pieces
15g spinach, chopped
6 cherry tomatoes, halved
½ tbsp crème fraîche
¼ tsp wholegrain mustard

The night before school, cook the pasta following pack instructions and run under cold water to cool quickly. Mix in the bacon, spinach, tomatoes, crème fraîche and mustard, and season with a little salt. Spoon into an airtight container and keep overnight in the fridge.

BENEFITS folate • 2 of 5-a-day
PER SERVING 332 kcals • fat 13g • saturates 5g • carbs 35g • sugars 12g • fibre 5g • protein 18g • salt 1.5g



Teenagers' munchbox Ages 13-16

Choco-dipped tangerines

SERVES 1 PREP 10 mins NO COOK

Peel **1 tangerine** and dip half of each segment in **10g melted dark chocolate**, then put on a baking sheet lined with parchment. Keep in the fridge for 1 hr to set completely, or overnight if you prefer.

BENEFITS vegetarian • vit c

PER SERVING 99 kcals • fat 4g • saturates 2g • carbs 13g • sugars 12g • fibre 2g • protein 1g • salt none

Add these extras Some edamame beans and $\frac{1}{2}$ a small banana.

Chicken taco salad

SERVES 1 PREP 10 mins NO COOK

$\frac{1}{4}$ tsp olive oil
2 tbsp low-fat soured cream
1 tsp white wine vinegar
1 Baby Gem lettuce, shredded
50g sweetcorn, drained
5 cherry tomatoes, halved
75g cooked BBQ chicken
juice 1 lime

$\frac{1}{2}$ small avocado, peeled and chopped
1 corn taco shell, broken into pieces

1 Make the dressing by combining the oil, soured cream and vinegar. Keep in the fridge.

2 Put the lettuce, sweetcorn, tomatoes and chicken in a lunchbox. Stir the lime juice into the avocado and put on top. Pack the dressing on the side.

3 Scatter the taco over the salad to serve.

BENEFITS folate • fibre • vit c • 4 of 5-a-day • good for you

PER SERVING 421 kcals • fat 20g • saturates 4g • carbs 27g • sugars 16g • fibre 10g • protein 29g • salt 0.8g

Sweet potato crisps

SERVES 1 PREP 10 mins COOK 20 mins EASY

Heat oven to 200C/180C fan/gas 6 and slice $\frac{1}{4}$ **small sweet potato** thinly. Toss with $\frac{1}{2}$ **tbsp olive oil** and roast for 15-20 mins until crisp. Leave to cool.

BENEFITS vegan • gluten free

PER SERVING 70 kcals • fat 2g • saturates none • carbs 12g • sugars 6g • fibre 2g • protein 1g • salt 0.1g

Chocolate-drizzled popcorn

SERVES 1 PREP 10 mins COOK 3 mins EASY

Put **12g unsweetened popcorn** on a baking tray and drizzle over **15g melted dark chocolate**. Put in the fridge to set for 5-10 mins or overnight.

PER SERVING 143 kcals • fat 9g • saturates 3g • carbs 13g •

sugars 6g • fibre 2g • protein 2g • salt 0.2g

Add an extra $\frac{1}{2}$ pear in the lunchbox.

Lamb meatball curry

SERVES 4 **PREP 20 mins**
COOK 30 mins **EASY**

For the meatballs

1 tbsp fennel seeds, toasted
2 garlic cloves, finely grated
thumb-sized piece ginger,
finely grated
2 green chillies, deseeded and
finely chopped
1 onion, finely chopped
60g dessicated coconut
400g lamb mince

For the curry sauce

1 tbsp olive oil
1 onion, finely chopped
1 tsp grated ginger
1 tbsp garam masala
1 tsp turmeric
400g can chopped tomatoes
1 tbsp coconut yogurt
1/2 small pack coriander,
roughly chopped
rice or naan, to serve

1 Put all the meatball ingredients in a large bowl and use your hands to combine everything together. Roll into about 16 balls, cover and chill until needed.

2 Heat the oil in a large, deep frying pan over a gentle heat and fry the onion, ginger and spices for 10 mins until the onions are softened. Tip in the tomatoes and a splash of water, and bring to the boil over a high heat. Drop in the meatballs and reduce the heat. Cover and simmer for 15 mins or until the meatballs are cooked. Mix through the yogurt, scatter over the coriander and serve with rice or naan bread.

BENEFITS freezable • iron • 2 of 5-a-day • gluten free
PER SERVING 408 kcal • fat 28g • saturates 16g •
carbs 12g • sugars 9g • fibre 5g • protein 23g • salt 0.2g

Chicken, kale & mushroom pot pie

SERVES 4 **PREP 10 mins**
COOK 40 mins **EASY**

1 tbsp olive oil
1 large onion, finely chopped
3 thyme sprigs, leaves picked
2 garlic cloves, crushed
350g chicken breasts, cut into
small chunks
250g chestnut mushrooms, sliced
300ml chicken stock
100g crème fraîche
1 tbsp wholegrain mustard
100g kale
2 tsp cornflour, mixed with
1 tbsp cold water
375g pack puff pastry, rolled into
a circle slightly bigger than your
dish
1 egg yolk, to glaze

1 Heat 1/2 tbsp oil over a gentle heat in a flameproof casserole dish. Add the onion and cook for 5 mins until softening. Scatter over the thyme and garlic, and stir for 1 min. Turn up the heat and add the chicken, frying until golden but not fully cooked. Add the mushrooms and the remaining oil. Heat oven to 200C/180 fan/gas 6.

2 Add the stock, crème fraîche, mustard and kale, and season well. Add the cornflour mixture and stir until thickened a little.

3 Remove from the heat and cover with the puff pastry lid, pressing into the sides of the casserole dish. Slice a cross in the centre and glaze with the egg. Bake for 30 mins until the pastry is puffed up and golden.

BENEFITS freezable • vit c • 2 of 5-a-day
PER SERVING 673 kcal • fat 41g • saturates 20g •
carbs 40g • sugars 6g • fibre 5g • protein 34g • salt 1.4g

Sesame stir-fry wrap

MAKES 1 **PREP 5 mins** **NO COOK**

Mix **2 tbsp tahini** with **juice 1/2 lemon** and 1 tbsp water to form a paste. Spread on the base of **1 large wholemeal tortilla wrap** with some seasoning. Scatter over **1/2 x 265g pack stir-fry vegetables** and **1/2 tbsp sesame seeds**. Roll up in a tight wrap and halve.

BENEFITS vegan • calcium • folate • fibre • vit c • iron • 2 of 5-a-day
PER WRAP 511 kcal • fat 32g • saturates 6g • carbs 32g • sugars 6g •
fibre 0g • protein 0g • salt 0.0g

Keep it green sandwich

MAKES 1 **PREP 10 mins** **NO COOK**

Massage **25g curly kale** in **1/2 tbsp sesame oil** and **1/2 tbsp tamari** for a few mins until softened, then set aside.

Smash **1 small avocado** with a fork in a bowl with **juice 1 small lime**, **40g drained chickpeas** and some seasoning. Spread across **1 slice rye bread**, lay the kale on top and sprinkle with **1/2 tsp paprika**. Top with **another slice of rye** and halve.

BENEFITS vegan • fibre • vit c • 2 of 5-a-day
PER SANDWICH 443 kcal • fat 27g • saturates 5g •
carbs 32g • sugars 2g • fibre 10g • protein 11g • salt 1.8g

Ham, cheese & homemade pickle bloomer

MAKES 2 **PREP 10 mins** plus pickling **NO COOK** 

Finely slice **1/2 red onion** and **4 radishes** and put in a small bowl with **2 tbsp red wine vinegar** and a **pinch of golden caster sugar** and leave to lightly pickle for 20 mins. Mix **1 tbsp mayo** with **1 tbsp Dijon or wholegrain mustard** and spread onto **4 thick slices white bread**. Top two slices with **1/2 x 130g pack smoked ham**, **handful fresh parsley** and **2 large slices cheddar**. Drain the onions and radishes and lay on top. Close and halve to serve.

PER SANDWICH 527 kcal • fat 36g • saturates 14g •
carbs 25g • sugars 4g • fibre 2g • protein 26g • salt 3.1g

Italian sub

MAKES 2 **PREP 5 mins** **NO COOK**

Halve **2 x 135g ciabatta rolls** and butter the bases, if you like. Lay **90g salami slices** on top, **60g torn mozzarella**, **2 tbsp torn basil**, **10 sundried tomatoes** and drizzle over **1 tbsp balsamic glaze**. Close to serve.

BENEFITS calcium
PER SANDWICH 527 kcal • fat 36g • saturates 14g •
carbs 25g • sugars 4g • fibre 2g • protein 26g • salt 3.1g

Game-changer sarnies

Quick-to-make sandwiches that stay crunchy until lunchtime



Keep your sarnie
crisp by using
raw stir-fry veg

Massaging
the kale
softens it

Making your
own quick
pickle adds
tangy texture

Swap fresh tomatoes
for sundried to stop
your sarnie going soggy

Beetroot & onion seed soup

SERVES 1 **PREP** 5 mins

COOK 5 mins **EASY**

Tip 250g cooked beetroot, 100g canned lentils, 1 small apple, 1 crushed garlic clove and 1 tsp onion (nigella) seeds into a blender with 250ml vegetable stock and some seasoning, and blitz until smooth. Heat until piping hot in the microwave or on the hob, then scatter over some extra onion seeds, if you like.

BENEFITS vegetarian • freezable • low fat • folate • fibre • 3 of 5-a-day

PER SERVING 257 kcal • fat 2g • saturates none • carbs 41g • sugars 30g • fibre 10g • protein 12g • salt 1.2g

Super-speedy soups

Whizz it, heat it, eat it! All these can be made in a bullet blender, then simply heat in a pan or the microwave until piping hot

Hot 'n' spicy roasted red pepper & tomato soup

SERVES 1 **PREP** 5 mins

COOK 5 mins **EASY**

Put 290g drained, roasted red peppers in a blender with 270g halved cherry tomatoes, 1 crushed garlic clove, 1 vegetable stock cube, 100ml water, 1 tsp paprika, 1 tbsp olive oil and 4 tbsp ground almonds. Blitz until smooth, season well and heat until piping hot before serving.

BENEFITS vegetarian • freezable • folate • vit c • 2 of 5-a-day

PER SERVING 631 kcal • fat 48g • saturates 5g • carbs 23g • sugars 12g • fibre 5g • protein 23g • salt 3.0g

Carrot & ginger immune-boosting soup

SERVES 1 **PREP 5 mins**

COOK 5 mins **EASY**

Peel and chop **3 large carrots** and put in a blender with **1 tbsp grated ginger**, **1 tsp turmeric**, a pinch of **cayenne pepper**, **20g wholemeal bread**, **1 tbsp soured cream** and **200ml vegetable stock**. Blitz until smooth. Heat until piping hot. Swirl through some extra crème fraîche, or a sprinkling of cayenne, if you like.

BENEFITS vegetarian • freezable • low fat •

1 of 5-a-day • good for you

PER SERVING 223 kcals • fat 7g • saturates 3g •

carbs 30g • sugars 19g • fibre 10g • protein 5g • salt 1.1g

Spinach & watercress soup

SERVES 1 **PREP 5 mins**

COOK 5 mins **EASY**

Put **100g spinach**, **100g watercress**, **1 sliced spring onion**, **100ml vegetable stock**, **½ an avocado**, **100g cooked rice**, **juice ½ lemon** and **2 tbsp mixed seeds** in a blender with seasoning. Whizz until smooth. Heat until piping hot. Scatter over some toasted seeds if you want added crunch.

BENEFITS vegetarian • freezable • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • good for you

PER SERVING 457 kcals • fat 26g • saturates 5g • carbs 33g • sugars 2g • fibre 9g • protein 18g • salt 0.5g



Al-desko lunches

Simply layer your bowl using this equation:

Grain + veg + protein + crunch factor + dressing in a pot
= perfect al-desko lunching

Roasted cauli-broc bowl with tahini houmous

SERVES 2 PREP 10 mins COOK 30 mins

400g pack cauliflower & broccoli florets
2 tbsp olive oil
250g ready-to-eat quinoa
2 cooked beetroots, sliced
large handful baby spinach
10 walnuts, toasted and chopped
2 tbsp tahini
3 tbsp houmous
1 lemon, 1/2 juiced, 1/2 cut into wedges

1 The night before, heat oven to 200C/180C fan/gas 6. Put the cauliflower and broccoli in a large roasting tin with the oil and a sprinkle of flaky sea salt. Roast for 25-30 mins until browned and cooked. Leave to cool completely.

2 Build each bowl by putting half the quinoa in each. Lay the slices of beetroot on top, followed by the spinach, cauliflower, broccoli and walnuts. Combine the tahini, houmous, lemon juice and 1 tbsp water in a small pot. Before eating, coat in the dressing. Serve with the lemon wedges.

BENEFITS vegan • folate • fibre • vit c • 2 of 5-a-day • good for you • gluten free

PER SERVING 533 kcals • fat 37g • saturates 4g • carbs 28g • sugars 6g • fibre 10g • protein 16g • salt 0.8g

Jerk chicken & mango bowl**SERVES 2** **PREP** 15 mins **COOK** 15 mins

2 chicken breasts, cut into strips
 2 tbsp jerk paste
 1 tbsp olive oil
 250g ready-to-eat lentils
 4 spring onions, finely sliced
 1 red chilli, finely sliced
 ½ small bunch coriander, leaves only
 1 mango, cubed
 1 lime, cut into wedges
 8 tbsp natural yogurt
 4 tbsp mango chutney

1 The night before, heat oven to 200C/180C fan/gas 6. Put the chicken in a roasting tin and rub with the jerk paste, olive oil and a little seasoning. Bake for 15 mins until it is cooked, then leave to cool.

2 Build each bowl by putting half the lentils, chicken, spring onions, chilli, coriander and mango in each, with lime wedges at the side. Put yogurt in a separate pot with the mango chutney swirled through. Coat in the yogurt dressing just before eating.

BENEFITS calcium • folate • fibre • vit c • 2 of 5-a-day

PER SERVING 660 kcs • fat 18g • saturates 5g • carbs 66g • sugars 39g • fibre 11g • protein 54g • salt 3.3g



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After-school SPEEDY SUPPERS

Five recipes for those nights when you're planning to go out or just want to feed the troops early. These are all full of goodness and can be prepared quickly

recipes LULU GRIMES *photographs* WILL HEAP





Pick & mix omelette with crunchy croutons

Adding texture to an omelette in the form of croutons makes it a more exciting supper. This recipe is a good way of using up sandwich fillings left over from packed lunch prep.

SERVES 1 PREP 5 mins COOK 5 mins EASY

1 thick slice bread, cut into small cubes
1 tbsp olive oil
2 eggs
2 tbsp grated cheese
your choice of 1 slice ham, 1 slice chicken, 2 slices salami, 2 slices chorizo, or a handful prawns
your choice of a handful quartered cherry tomatoes, 2 tbsp drained sweetcorn, 2 tbsp defrosted frozen peas, or a handful rocket salad, to serve

1 Heat $\frac{1}{2}$ tbsp oil in a small non-stick frying pan. Add the bread, toss it around and fry over a medium heat until it starts to brown and crisp all over. Tip the croutons onto a plate, then carefully wipe out the pan. Shred the meat you have chosen to use or roughly chop the prawns.
2 Beat the eggs lightly with a fork and season if you want. Heat $\frac{1}{2}$ tbsp oil in the frying pan, then pour in the egg. Tip the pan from side to side until the base is covered and starting to set. Add the meat and veg to the side of the omelette nearest you. Cover the pan with a lid for a minute, then add the cheese and cover for another minute. Finally add the croutons and flip the far side of the omelette towards you so that it covers the filling. Slide onto a plate and serve with whatever kind of salad you can get away with.

GOOD TO KNOW calcium • folate • iron
PER SERVING 620 kcals • fat 37g • saturates 12g • carbs 25g • sugars 5g • fibre 4g • protein 44g • salt 1.5g

Noodle stir-fry with crunchy peanuts

Packs of stir-fry veg vary, so choose the one that suits you best. Pick out the onion and fry it briefly first if you like – sometimes the pieces are quite large and otherwise won't have enough time to cook through along with the rest of the veg.

SERVES 3 PREP 10 mins COOK 10 mins EASY

2 tbsp crunchy peanut butter
1 tbsp soy sauce
1 tbsp roasted unsalted peanuts, chopped, plus extra to serve
300g pack ready to eat egg noodles
1 tbsp oil
2 eggs, lightly beaten
300g pack stir-fry vegetables
sweet chilli sauce, to serve (optional)

1 Mix the peanut butter with the soy sauce and 50ml water, then add the peanuts. Put the noodles in a bowl and cover them with boiling water. Stir them gently so they separate, then drain.

2 Heat $\frac{1}{2}$ tbsp oil in a wok or large frying pan, and pour in the egg. Leave the egg to set, then chop it up with your spatula and tip it onto a plate. Heat the remaining oil in the wok. Stir-fry the veg until starting to wilt, then add the noodles and keep cooking. Return the egg to the wok, then spoon in the peanut mixture and toss. Divide between bowls, then sprinkle over more peanuts. Serve with sweet chilli sauce, if you like.

GOOD TO KNOW low cal • 1 of 5-a-day

PER SERVING 371 kcals • fat 19g • saturates 3g • carbs 32g • sugars 5g • fibre 4g • protein 16g • salt 1.5g







Corn & prawn chowder

In season, use fresh sweetcorn. Canned or frozen will do the trick the rest of the year. You can also use chicken instead of prawns if you prefer.

SERVES 2 (easily doubled) **PREP 15 mins** **COOK 25 mins** **EASY**

1 tbsp olive oil	195g can sweetcorn, drained
½ onion, finely chopped	(or the same weight of frozen)
150g potato, cut into small cubes	1 large wholemeal pitta bread
300ml whole milk	½ tbsp garlic butter
200ml chicken stock	small pack chives, snipped
150g cooked small prawns, drained	(optional)

1 Heat the oil in a saucepan. Fry the onion until it softens but don't allow it to brown. Add the potato, milk and stock, and bring everything to a simmer. Cook for 10 mins or until the potato is soft, then gently squash some of the potato against the side of the pan to thicken the chowder. Add the prawns and sweetcorn, and cook for another 5 mins.

2 Meanwhile, spread the pitta with the garlic butter. Grill the pitta until it browns a little, then cut into strips. Serve the soup sprinkled with chives, if you like, with the garlic pitta on the side to dip.

GOOD TO KNOW low fat • low cal • calcium • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 447 kcal • fat 14g • saturates 5g • carbs 48g • sugars 17g • fibre 8g • protein 28g • salt 1.9g

Chicken & chickpea rice

If chickpeas are unacceptable in your house, try stirring through some frozen peas (or another vegetable that you know will get eaten) 5 mins before the cooking time is up.

SERVES 2-3 **PREP 15 mins**
COOK 25 mins plus standing **EASY**

25g butter
 1 shallot, finely chopped
 1 skinless chicken breast (about 180g), cut into strips
 1 carrot (about 100g), cut into thin batons
 1 cinnamon stick
 1 strip lemon zest
 125g basmati rice
 2 heaped tbsp raisins or sultanas
 250ml chicken stock
 215g can chickpeas (drained weight 130g)

1 Melt half the butter in a frying pan with a lid. Fry the shallot for a couple of minutes, then add the chicken and carrot. Fry the veg until starting to brown, then add the cinnamon and lemon, and season well. Stir in the rice and raisins, then add the stock and bring to a simmer.

2 Scatter the chickpeas on top, then cover with the lid. Cook for 15 mins over a low heat until the rice has absorbed all the stock – if the rice is still firm, add 50ml water. Stand for 5 mins, then fluff up the rice. Dot over the remaining butter, then serve.

GOOD TO KNOW low cal • 2 of 5-a-day
PER SERVING (3) 417 kcal • fat 9g • saturates 5g •
 carbs 56g • sugars 16g • fibre 5g • protein 24g • salt 0.5g









Mince & pea pies

Make individual pies and freeze them, so you can pull one out to cook when you need it.

SERVES 4 **PREP** 20 mins **COOK** 55 mins plus cooling **EASY** ✨

500g lean minced beef	1 tbsp tomato purée
1 tbsp olive oil	1 beef stock cube
1 onion, finely chopped	200g frozen peas
2 large carrots (about 200g), finely chopped	1 egg, lightly beaten
2 celery sticks (about 200g), finely chopped	375g ready-rolled shortcrust pastry
	Tenderstem broccoli or other greens, to serve



If you cool the filling completely, you can add the pastry and freeze the pies uncooked.



For more family recipes, go to bbcgoodfoodme.com

1 Fry the mince in a little oil over a high heat, stirring to break up any lumps, until it's well browned all over. Transfer the mince to a plate, then fry the onion, carrots and celery in the rest of the oil over a low heat until softened. Stir in the tomato purée and crumble in the stock cube, then return the mince to the pan and give everything a good stir. Fry for a minute, then add 300ml water. Cover with a lid and simmer for 20 mins, then remove the lid and simmer until the sauce has thickened slightly. Stir in the peas, then turn off the heat and leave to cool for 10 mins.

2 Heat oven to 200C/180C fan/gas 6. Divide the mince mixture between four individual pie dishes (or use one large dish). Brush the dish rims with egg. Unroll the pastry and cut it into four pieces for the individual pies – roll the pieces out a little more to fit the pie dishes if you need to. Top each pie with some pastry, press down against the rim and trim any excess. Seal the edges with a fork, or crimp if you like, then brush the pastry with egg.

3 Poke a little hole in the top, decorate with any offcuts if you like (brushed with a little egg), then cook for 25-30 mins or until the pastry is golden and risen. Cool for 5-10 minutes before serving.

GOOD TO KNOW fibre • 2 of 5-a-day

PER SERVING 716 kcal • fat 40g • saturates 14g • carbs 48g • sugars 10g • fibre 9g • protein 37g • salt 1.7g

TOM KERRIDGE

MODERN CLASSIC PUB GRUB



BBC chef Tom Kerridge is the only landlord to ever win two Michelin stars for a pub. Here, he brings us his favourite updated pub classics *photographs* MAJA SMEND

The gastro pub has been a British food revolution. It's like our version of French bistros – somewhere serving really great food that's accessible to everyone and offers value for money without the formality and (let's face it) intimidation of fine dining. This is at the heart of what I've always tried to do with my three pubs. Yes, some of my dishes push the envelope, but you'll still find my version of the familiar timeless classics like the recipes I'm sharing here. Being in a good pub makes me proud, and the fact that they are now the some of best places to eat in the country makes me even prouder.



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and The Butcher's Tap – all in Marlow, Buckinghamshire. His latest book, *Lose Weight for Good* (Dhs110, Absolute Press), is out now. [Twitter](#) [Instagram](#) @ChefTomKerridge

Venison chilli
cottage pie, p58

Mackerel club sandwich

This is like a big mackerel salad all piled high between slices of sourdough. Flaked smoked mackerel can be used in place of fresh, but I do love the flavour of fresh against salty smoked bacon.

SERVES 2-4 PREP 20 mins COOK 20 mins
MORE EFFORT ▣

4 rashers smoked streaky bacon	1 Little Gem lettuce, leaves separated
4 mackerel fillets, pin bones removed	For the tartare sauce
3 tbsp olive oil	½ small pack dill, chopped
2 eggs, boiled for 9 mins, cooled and peeled	2 tsp capers, chopped
6 slices of good quality bread (I use sourdough)	2 tsp gherkins, finely chopped
2 tomatoes, sliced and lightly salted	1 lemon, zested
	4 tbsp mayonnaise
	1 tsp horseradish sauce

1 To make the tartare sauce, mix the dill, capers, gherkins, lemon zest, mayo and horseradish together and set aside. *Can be made a day ahead and chilled.*

2 Heat the grill to high. Grill the bacon for 8-10 mins, turning halfway, until crisp. Remove from the tray and keep warm. Lay the mackerel skin-side up in the bacon fat, drizzle the skin with a little olive oil and season with salt, then grill for 5 mins until the skin is crisp and the flesh can be flaked.

3 Slice the eggs and lightly toast the bread, then spread the tartare sauce over four of the slices. Lay the bacon, egg and sliced tomato on two of the mayo-covered slices, then lay the warm mackerel and lettuce on the other two. Stack the mackerel slices on the bacon slices and top off with the final slice of toasted bread on each, press down gently and carefully halve the sandwiches and use cocktail sticks to hold them together, if you like. Serve immediately for four as a light lunch or a big lunch for two.

GOOD TO KNOW folate • omega-3 • 1 of 5-a-day

PER SERVING (4) 702 kcals • fat 55g • saturates 9g • carbs 23g • sugars 4g • fibre 3g • protein 28g • salt 2.1g



Venison chilli cottage pie

I've had venison chilli on the menu at my pub The Coach since it opened. This is a simplified version that I use as the base in a potato-topped pie. You can use the filling in a pastry-topped pie instead if you fancy it.

SERVES 4 PREP 25 mins COOK 4 hr 30 mins

MORE EFFORT ✨

2 tbsp sunflower oil
800g diced stewing venison, haunch is a good cut to use if you dice your own
2 onions, finely chopped
5 garlic cloves, finely chopped
2 tsp each cumin seeds, cracked black pepper and ground coriander
250ml red wine
600ml chicken or beef stock
2 tbsp cornflour mixed with a little cold water
1 lime, juiced and zested
50g 70% dark chocolate, grated

For the topping

1kg mashing potatoes (such as King Edwards), peeled and quartered
150ml soured cream
1 red chilli, chopped
50g cheddar, grated

1 Heat oven to 140C/120C fan/gas 2. Heat half the oil in a large flameproof casserole dish and fry the venison in batches until it has a dark caramelised crust, then transfer to a plate. Turn the heat right down, give the dish a quick wipe with some kitchen paper and add a little more oil, then fry the onions over a low heat for about 20 mins until caramelised. Stir in the garlic and spices, cook for a couple of mins, then add the venison back to the pan, stirring so all the spices coat the venison. Pour in the wine and stock and bring to the boil. Cover and cook in the oven for 2½ hrs until the meat is very tender.

2 Lift the venison out of pan and set aside on a plate. Reduce the sauce by two-thirds, whisk in the cornflour mix, then cook over a low heat for 5 mins until thickened and glossy. Tip the venison back in along with the lime zest and juice and the grated chocolate, stir everything together, check the seasoning and pour into a gratin dish or individual pie dishes and chill in the fridge. *Can be made three days ahead and chilled or up to six months ahead and frozen.*

3 To make the mash, boil the potatoes in salted water. Add the soured cream to a pan and gently heat. When the potatoes are tender, drain well, then either pass through a ricer into a bowl or mash them. Mix in the chilli, then slowly stir in the soured cream until you have a light, fluffy mash. Add a little seasoning and spread or pipe over the chilled chilli mix, then scatter over the cheese. Pop in the fridge until needed. *Can be assembled up to a day before or frozen for up to one month.*

4 To cook the pie, heat oven to 180C/160C fan/gas 6. Bake for 45 mins until golden and bubbling, leave to sit for 10 mins and serve straight from the dish.

GOOD TO KNOW fibre • iron

PER SERVING 800 kcals • fat 27g • saturates 13g • carbs 62g • sugars 11g • fibre 9g • protein 60g • salt 1.4g

Cauliflower rarebits

Traditionally, Welsh rarebit was served at the end of a banquet as a 'savoury' after the sweet so people could switch back to drinking ale after port. Nine-course banquet aside, I can't think of anything finer to go with a pint and combining it with cauliflower cheese makes it into the perfect pub lunch. This is the sort of thing we have prepped and ready to go in a professional kitchen so the final execution only takes a few minutes in a hot oven.

SERVES 2 PREP 15 mins COOK 30 mins EASY V

1 tbsp vegetable oil
1 large cauliflower, trimmed and sliced into 2 thick steaks through the root to hold shape (use the trimmings for another dish)

For the rarebit

20g butter
20g flour
100ml milk
100g grated extra mature cheddar
large pinch cayenne pepper
1 tbsp English mustard
large splash of Worcestershire sauce or vegetarian alternative
2 egg yolks
red onion chutney and a watercress salad, to serve

1 Heat the oil in a large frying pan and sear the cauliflower steaks for 3-4 mins on each side until nicely browned. Lift onto kitchen paper, then put in the fridge to keep cool. *Can be done up to two days ahead.*

2 To make the rarebit, melt the butter in a saucepan and stir in the flour to make a sandy paste. Add the milk a little at a time to make a thick white sauce. Bubble gently, stirring often for a couple of mins, then stir in the cheese, cayenne, mustard and Worcestershire sauce and stir until the cheese has melted into a smooth, rich sauce. Remove the pan from the heat and leave to cool slightly, then beat in the yolks and season. Transfer to an airtight container and keep in the fridge if not using straight away. *Can be made up to two days ahead.*

3 Before you assemble, take the cheesy rarebit mix out of the fridge at least an hour before you need it. Heat oven to 190C/170C fan/gas 5. Lay the cauliflower on a baking sheet, then divide and spread or press on the rarebit mix until completely covered. Bake in the oven for 12-15 mins, then finish under a hot grill until bubbling and golden. Transfer the cauliflower rarebits to two plates and serve with a spoonful of chutney and a generous handful of watercress salad. Perfect with a pint of beer.

GOOD TO KNOW calcium • folate • fibre • vit c • 1 of 5-a-day

PER SERVING 478 kcals • fat 30g • saturates 13g • carbs 25g • sugars 14g • fibre 8g • protein 23g • salt 1.4g





Onion bhaji fish & chips

A food marriage of the nation's two favourite takeaways, fish and chips and Indian. Use large single lemon sole fillets or double fillets with the skin on (you can buy these frozen).

SERVES 2 **PREP** 15 mins **COOK** 50 mins
MORE EFFORT

sunflower oil, for deep frying
2 double lemon sole fillets or 2 x 150g fillets of other white fish

For the batter

120g plain flour, plus extra for dusting the fish
7g sachet fast-action dried yeast
½ tsp each onion seeds, chilli powder, ground cumin, ground coriander and garlic powder
1 small green chilli, finely chopped
small handful coriander leaves, finely chopped
150ml lager (I use Indian lager like Kingfisher)
1 small onion, very finely sliced

For the chips

3 large potatoes, peeled and cut into wedges
2 tbsp sunflower oil
1 tbsp madras curry powder

To serve

curry salt and lime mayo (see tips, below)

1 Tip the flour, yeast, spices, chilli, coriander and a large pinch of salt into a bowl and stir together. Whisk in the lager until you have a smooth batter. Cover and set aside while you cook the chips.

2 Heat oven to 180C/160C fan/gas 4. Drizzle half the oil in a roasting tin and put in the oven to heat up. Tip the chips into a bowl and toss in the remaining oil, curry powder and a pinch of salt. Tip into the roasting tin and roast for 30 mins, then toss and carry on roasting until the chips are cooked through and crisp, around 15 mins more. Turn the oven down to 110C/90C fan/gas ¼ to keep them warm.

3 Stir the onion into the batter, making sure all the slices are separated. Heat 10cm sunflower oil in a deep-fat fryer or pan of oil to 180C. Scatter some flour on a plate, dip the fish in the flour, pat off any excess, then dip into the batter, coating the fish with a generous amount of batter and onion. Carefully lower into the oil and sizzle for 5 mins until golden brown. Once cooked, drain off any excess oil, then carefully place on a tray lined with kitchen towel. Serve with the chips, seasoned with curry salt and lime mayo on the side for dipping.

GOOD TO KNOW vit c

PER SERVING 840 kcals • fat 24g • saturates 3g • carbs 105g • sugars 5g • fibre 11g • protein 40g • salt 1.3g

gf tip

FOR THE CURRY SALT Mix 1 tbsp garam masala with 2 tbsp sea salt. **FOR THE LIME MAYO** Mix 1 crushed garlic clove and the zest and juice of 1 large lime into 100ml shop-bought mayonnaise.



SUPREME STEAKHOUSE DINING

Embark on an uncompromising culinary journey at the award-winning World Cut Steakhouse located within Habtoor Palace, where steakhouse classics marry sophistication and flair

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World Cut Steakhouse comes alive on the weekend with live music. It's Motown classics on Thursdays followed by old-school jazz music on Fridays, creating the perfect backdrop to an exceptional culinary experience.

Enter a world of old school sophistication at World Cut Steakhouse where dim lights, plush leather seating, rich mahogany tables and marble accents set the scene for an exquisite dining experience.

World Cut Steakhouse offers a collection of steakhouse classics including a selection of 17 flavorsome cuts imported from Australia and the USA including 560g bone-in rib eye and AACo Master Kobe MB11 wagyu fillet, all carved tableside with a well-honed flair.

Epitomising understated culinary excellence, the menu at World Cut Steakhouse is full of unforgettable dishes like yellowfin tuna tartare, black truffle and comte cheese fritters, grilled black pepper octopus and a selection of delectable desserts including coconut baked Alaska with white rum flambé.

Delights from the bar

To accompany dinner, an in-house sommelier is on hand to curate perfect pairing with a robust selection of old and new world grapes from the restaurant's extensive walk-in wine cellar. While the bar specialises in signature cocktails like the 'Goldfinger Martini', 'Ginger Margarita', and 'Paris Manhattan'.

During dinner, the tableside martini service offers a bespoke and uniquely crafted experience – it's truly a treat.

World Cut Steakhouse is the triple-time winner of the 'Best Steakhouse in Dubai 2017' award from BBC Good Food Middle East, Time Out Dubai and FACT Magazine – it also went on to win 'Best Steakhouse Dubai 2018' from Time Out Dubai and was highlighted as 'the best steakhouse in the Gulf' and as a 'beautifully polished alchemy of eating and experience' by Esquire.

Ideally suited for couples and intimate dinners with family or friends, World Cut Steakhouse also offers a 12-seater private dining room for impressing guests with during business meetings or exclusive dinner parties.

This traditional and sophisticated American steakhouse is simply not to be missed.



DIANA HENRY'S STAR INGREDIENT

FLOWER POWER

They've long been used to add a heady perfume and sweetness to recipes – here, Diana shares new sweet and savoury recipes using a variety of flowers

photographs MAJA SMEND

I have a scent addiction. Some of the friendships I've made on social media – especially with those living in other countries – have been built on this shared passion. I stumbled into a network of perfume lovers one day – in that strange rabbit-down-a-hole way that is Twitter – and, as this network expanded, I realised that nearly everyone was also into food. That scent and food lovers overlap shouldn't surprise: smell and taste are great sensual pleasures, and if you're tuned into one, chances are you'll be tuned into the other.

I was intrigued by the idea of using flowers in cooking when I was young. At a school fête, I became intoxicated with a cake covered in ivory-coloured icing and showered with crystallised rose petals. This cake could have been made by Snow White, I thought. It was first prize in a raffle that I didn't win. To ease my disappointment, my mother bought me a bottle of violet perfume. If purple had a scent, I concluded, it would smell like this.

Flowers and flower waters in cooking have gone in and out of fashion. Roman cooks flavoured wine with roses and violets. Flower waters were much used in Spain during the long period of Muslim occupation and in the cooking of medieval England, France and Italy. Salads scattered with primroses, violets, borage and daisies were served in the 15th century, and the fashion continued through the Tudor and Stuart periods. When I started

to cook with flowers and flower waters, however, it provoked a slight curl of the lip. It was deemed old-fashioned, sickly-sweet. I carried on regardless, making lavender syrup in which to poach apricots and adding orange blossom water to marmalade ice cream. Then, just as I started to write about food, Middle Eastern cuisine started to become popular and, gradually, flower waters became desirable again – they seemed exciting and new.

Flower waters can be used in savoury as well as sweet dishes. A drop of orange blossom water in a Moroccan tagine of lamb and apricots gives a tantalising background note that you can't quite put your finger on. Rose and orange blossom waters have to be used carefully, though – too much and your dish can taste soapy. And it's a good idea to balance them. Even to something as simple as a flower water-flavoured cream to serve with fruit, I add some lemon or lime juice to cut the perfume just a little.

Apart from the beauty they impart, I find flowers so nice to cook with because floral smells can do the same thing as good poetry. Poetry deals with the unsayable, the elusive – you want to pin its meaning down. Scents also create a sensation that you want to capture, but it can be fleeting (if a flower water has been used skilfully, you may even think you've imagined its presence). Not many ingredients make for as subtle or as intriguing an addition to a dish.



Good Food contributing editor Diana Henry is an award-winning food writer. Her new book, *How to Eat a Peach* (Dhs125, Mitchell Beazley), is out now. [Twitter](#) [Instagram](#) @dianahenryfood



Butterflied leg of lamb with
lavender, honey & claquet, p58

Butterflied leg of lamb with lavender, honey & claqueret

In France, claqueret is used as a dip for radishes or bread, but the goat's cheese, honey and lavender in this cheese-based sauce also work well with lamb.

SERVES 8 **PREP** 20 mins plus resting

COOK 35 mins **MORE EFFORT** ⚡

2.25kg leg of lamb (pre-boned weight), butterflied (ask your butcher to do this)	6 tbsp crème fraîche
6 garlic cloves	3 shallots, finely chopped
5 lavender sprigs, leaves and flowers chopped	3 garlic cloves, crushed
2 tbsp olive oil	1 tbsp white wine vinegar
1 tbsp lemon juice	1 tbsp dry white wine
2 tbsp balsamic vinegar	1½ tbsp extra virgin olive oil
4 tbsp lavender honey	3 tbsp each chives, parsley and chervil, finely chopped
For the claqueret	For the glaze
400g fromage blanc	2 tbsp balsamic vinegar
100g soft goat's cheese, crumbled	2 tbsp lavender honey
	2 lavender sprigs, leaves and flowers chopped

1 To make the claqueret just mix all the ingredients together. The flavours need time to meld, so ideally you should do this a couple of hours ahead and keep it at room temperature until ready to serve. You can also make the claqueret further ahead, cover and chill in the fridge, but remember to take it out and bring it to room temperature before serving.

2 Heat oven to 220C/200C fan/gas 7. Lay the lamb out flat, flesh-side up, and use a small knife to make incisions all over both the flesh and fat sides (they can be deeper on the flesh side). Crush the garlic with some sea salt using a pestle and mortar, then add the lavender leaves and flowers, olive oil, lemon, balsamic vinegar and honey to make a rough paste. Put the lamb in a roasting tin and push the paste into the incisions you made. Finish with the lamb fat-side up. Mix the glaze ingredients together and spoon this over the lamb. Season, then roast for 15 mins.

3 Turn the heat down to 190C/170C fan/gas 5 and roast for another 20 mins. The lamb will be pink. Cover loosely with foil and allow to rest for about 10 mins. Carve, then serve with the cooking juices and the claqueret.

GOOD TO KNOW gluten free

PER SERVING 614 kcal • fat 38g • saturates 18g • carbs 16g • sugars 15g • fibre 1g • protein 50g • salt 0.5g

Roast pistachio-stuffed peaches with orange blossom cream

Nectarines work just as well as peaches in this recipe. Be careful when adding the orange blossom water, as different brands have different strengths.

SERVES 6 **PREP** 20 mins **COOK** 45 mins **EASY** V

6 peaches, halved and pitted
100g pistachios (shelled weight)
½ lemon, finely zested
1½ tbsp caster sugar
1 small egg, beaten
3 tsp orange blossom water
250ml apple juice
icing sugar, to serve
For the orange blossom cream
250ml double or whipping cream
½ orange, zested
2 tbsp icing sugar (or to taste)
1 tsp orange blossom water

1 Heat oven to 180C/160C fan/gas 4. Put the peach halves in a gratin dish in a single layer without too much space around them (otherwise the apple juice will simply reduce and burn).

2 Crush the pistachios roughly using a pestle and mortar, then mix in the lemon zest, sugar, egg and 1 tsp orange blossom water. Fill the cavity of each peach with this stuffing, mounding it over the top if you have too much.

3 Mix the apple juice with the rest of the orange blossom water and pour it around the peaches. Bake for 30-45 mins, depending on ripeness. The peaches should be tender and slightly caramelised on the top.

4 Whip the cream until it holds its shape, then add the orange zest and sugar, and taste for sweetness. Stir in ½ tsp of the orange blossom water and taste. Add more if you like, but be careful not to make the cream too perfumed.

5 Serve the peaches at room temperature, with a little icing sugar sifted on top, some of the cooking juices spooned around and the cream on the side.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free

PER SERVING 347 kcal • fat 25g • saturates 12g • carbs 23g • sugars 21g • fibre 3g • protein 6g • salt none



Summer berry cake with rose geranium cream

SERVES 12-15 **PREP** 40 mins **COOK** 35 mins **EASY** V *

325g butter, at room temperature, plus extra for the tins
425g caster sugar
2 tsp almond extract
½ lemon, finely zested
250g plain yogurt
4 large eggs, at room temperature
375g self-raising flour
225g ground almonds
For the filling and to decorate
200g mascarpone
300ml double cream

1 tbsp lemon juice
icing sugar, to taste, plus extra for dusting
1-2 tsp rose geranium water or rose water, to taste (see tip, right)
800g summer berries (raspberries, blackberries, redcurrants, blackcurrants, hulled strawberries and loganberries)
4 tbsp caster sugar
rose geranium flowers or other edible flowers

1 Heat oven to 180C/160C fan/gas 4. Butter and line the bases of three 23cm cake tins. Cream the butter and sugar until light and fluffy, then add the almond extract and lemon zest. Use a fork to whisk the yogurt with the eggs. With the mixer on a low speed, add the flour, ground almonds and ½ tsp salt to the butter and sugar, alternating with the yogurt and eggs. Divide the batter between the tins and bake for 35-40 mins or until a skewer inserted into the middle comes out clean. Cool in the tins for 5 mins, then turn out onto a wire rack, remove the parchment and leave to cool.
2 Beat the mascarpone to loosen it. Whip the cream until it holds its shape. Combine the cream, mascarpone and lemon juice, then carefully add the icing sugar and flower water to taste.
3 Assemble the cake just before serving. Toss the berries with the caster sugar. Spread the flattest cake with half the cream, then add half the fruit. Top with a second cake, spread with the rest of the cream and top with the rest of the fruit. Finish with the last cake, sift over icing sugar, then decorate with rose geranium petals and rose geranium leaves (as long as they're small).

PER SERVING (15) 694 kcal • fat 45g • saturates 23g • carbs 58g • sugars 39g • fibre 3g • protein 11g • salt 0.9g

gf rose geranium

Rose geranium was a popular ingredient in Victorian baking. You can buy rose geranium water online, but you may have the plant in your garden. To impart the flavour, line the cake tin with some washed leaves, then peel them away from the cake after baking.



Taste

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Tomato, burrata & broad bean salad, p64

SEASON'S BEST

FRESH & FULFILLING RECIPES

Dive into the gorgeous produce on offer this month with **Rosie Birkett's** simple and stunning recipes

photographs EMMA BOYNS

To me, the most enchanting thing about cooking seasonally is how the produce reflects the way we want to cook. With the hazy heat of summer – which surely gives us licence to be lazier cooks – comes produce so ripe and full of flavour that we needn't do too much with it. Instead, we can let the simple deliciousness of a slow-roasted courgette or the sweet flesh of a grilled nectarine topped with cured ham speak for themselves, giving us more time for dining in the sunshine.



Good Food contributing editor Rosie Birkett is a food writer and stylist. Her cookbook, *A Lot on Her Plate*, is out now (Dhs125, Hardie Grant).
@RosieFoodie

Slow-roasted courgettes with fennel & orzo

I had whole roasted courgettes for the first time in Crete last year and it was a revelation. Cooked gently and slowly, the flesh of the courgettes become incredibly juicy and silky, and tastes wonderful with saffron-spiked orzo. These work well warm or can be made ahead if need be.

SERVES 2 **PREP** 25 mins **COOK** 2 hrs 10 mins **EASY** **V** **†**

pinch of saffron	4-6 baby to medium-sized courgettes
½ bulb of fennel, sliced	1 lemon, zested
100g cherry tomatoes, halved	50g sourdough breadcrumbs
1 bay leaf	200g orzo
2 tbsp olive oil	1 tbsp pine nuts, toasted
pinch of dried chilli flakes	1 tbsp ricotta
120ml dry white wine	handful of dill

1 Put the saffron in a small bowl and cover with ½ tbsp of boiling water. Heat oven to 180C/160C fan/gas 4. Put the fennel in a roasting tin with the tomatoes and bay leaf, drizzle over some oil, season and toss together with the chilli flakes. Pour over the wine. Prick the courgettes all over with a fork and place on top of the fennel. Drizzle with a little more oil, then season and cover with foil. Roast for 1½-2 hrs, turning the courgettes halfway through, removing the foil for the last 5 mins. The courgettes should be very soft. Lift the courgettes from the pan and set aside.

2 Meanwhile, heat 1 tbsp olive oil in a frying pan over a medium heat. Add half the lemon zest and breadcrumbs, and gently fry until the bread is golden and crunchy. Set aside.

3 Cook the orzo in a pan of boiling water until al dente, then drain. Toss with the fennel, tomatoes, pine nuts, the saffron and its water. Season.

4 Divide the orzo between plates and add half the ricotta to each, drizzle with olive oil and sprinkle with sea salt. Top with the courgettes and scatter over the breadcrumbs, remaining lemon zest and sprigs of dill.

GOOD TO KNOW healthy • folate • fibre • vit c • 2 of 5-a-day

PER SERVING 541 kcal • fat 22g • saturates 4g • carbs 48g • sugars 6g • fibre 8g • protein 23g • salt 0.4g

Tomato, burrata & broad bean salad

This is one of my favourite salads or starters for entertaining in summer. It's as easy as can be – simply chop up juicy tomatoes and toss with salt to bring out their flavour, then top with creamy burrata and slather with a broad bean-flecked salsa verde. It's effortless, but always wows a crowd.

SERVES 4 **PREP** 25 mins plus marinating

COOK 2 mins **EASY** **V**

500g tomatoes (I used a mix of sizes and colours)	3 tbsp olive oil
½ tsp caster sugar	2 tsp Dijon mustard
150g broad beans, podded	pinch of fennel seeds
handful each of basil, chives and flat leaf parsley	1 lemon, zested
1 tbsp each tarragon, lovage and mint leaves	1 tbsp red wine vinegar
	2 x 100g burrata or 2 x 125g balls mozzarella
	50g hazelnuts, toasted and roughly chopped

1 Chop the tomatoes into a mixture of slices and wedges, then put them in a bowl. Toss with ½ tsp salt and the sugar, then leave to marinate for 30 mins. Meanwhile, bring a pan of water to the boil and add the broad beans. Boil for 2 mins, then drain and allow to cool for a couple of mins. Peel them out of their shells. This is a bit fiddly but well worth it – I use my thumbnail to pierce the skin, then gently squeeze out the shiny green beans.

2 Finely chop the herbs, then tip into a bowl and whisk in the olive oil, mustard, fennel seeds, most of the lemon zest, and red wine vinegar. Season, then stir in the broad beans.

3 Tip the tomatoes onto a serving platter. Top with the burrata, then spoon over the broad bean salsa. Scatter over the hazelnuts and remaining lemon zest to serve.

GOOD TO KNOW calcium • folate • vit c • 2 of 5-a-day • gluten free

PER SERVING 409 kcals • fat 32g • saturates 15g • carbs 7g • sugars 5g • fibre 4g • protein 22g • salt 1.9g



Mashed cannellini beans with wilted greens & fried artichokes

This is a perfect summer dinner. If you grow your own spinach, rocket, chard or sorrel, this is a good time to use it. If not, try and get your hands on some of the fresh bunches rather than the packet stuff – you'll taste the difference.

SERVES 2 **PREP** 15 mins **COOK** 15 mins **EASY** **V**

4 tbsp olive oil
1 garlic clove, crushed
2 thyme sprigs
pinch of red chilli flakes
400g can cannellini beans, drained, 1 tbsp of can water reserved
1 lemon, zested and juiced, plus wedges to serve
200g mixed seasonal greens (I used spinach, watercress, sorrel and rocket)
2 tbsp semolina flour
100g cooked artichoke hearts, in oil
few rosemary sprigs, finely chopped
parmesan or vegetarian alternative, to serve

1 Warm 1 tbsp olive oil in a saucepan over a medium heat. Add the garlic, thyme, a pinch of salt and the chilli flakes, and cook for 1 min or so. Tip in the beans, then add a slosh of their water and the juice of ½ a lemon. Cook for a few mins, crushing them with a fork or the back of a wooden spoon. Remove from the heat and discard the sprigs of thyme. Keep warm.

2 Heat a little olive oil in a non-stick frying pan with a lid. Add the greens and a pinch of salt, then put the lid on to wilt and steam the greens for a few mins until softened. Season and add some of the lemon juice, and tip into a bowl. Keep warm.

3 Heat 2 tbsp olive oil in the frying pan you used for the greens. Put the semolina flour in a bowl and season. Drain the artichokes and pat them dry with kitchen paper. Dip each one in the flour and put in the pan to shallow fry, turning halfway through, until crisp and golden, around 3-5 mins. Spoon the cannellini beans onto a plate and top with the wilted greens and artichokes. Garnish with lemon zest, rosemary, grated parmesan and extra lemon wedges on the side.

GOOD TO KNOW healthy • fibre • vit c • 3 of 5-a-day

PER SERVING 463 kcals • fat 29g • saturates 4g • carbs 30g • sugars 3g • fibre 12g • protein 15g • salt 0.5g

UNMISSABLE DINING DEALS

From a brand-new Saturday Family Brunch to Australian-inspired Outback Wednesdays, there are countless exciting culinary happenings set to launch at Le Meridien Dubai Hotel & Conference Centre this month. Executive Chef Dominic takes us behind the scenes to reveal more...



How did your journey in the kitchen begin?

My introduction to different ingredients and flavours started early on when I would help my grandmother with small tasks like cutting and mixing different ingredients or kneading doughs. She would encourage me to try things on my own and I believe that helped me become passionate about food. Post my internship at Opera house in Germany, I got to witness the magic that chefs create with ingredients firsthand and that's when I knew that my calling is in a professional kitchen.

Tell us about the culinary offering at Le Meridien Dubai Hotel...

With over 18 distinct F&B outlets, Le Meridien Dubai Hotel and Conference Centre is renowned for its unique culinary offerings. Each outlet showcases cuisines from different cultures, with Kiku serving Traditional Japanese cuisine, Long Yin curating the best of Cantonese and Szechwan cuisine, Casa Mia being one of the first five-star Italian restaurants to serve homecooked, authentic Italian cuisine or Seafood Market where you can purchase seafood from live seawater tanks and watch the chefs cook it. Yalumba serves global cuisine and is famous for serving the most extravagant feasts including Friday Brunchology, popular theme nights and Warehouse is always trending with the younger crowd during Hive brunch, party nights with live entertainment and activities to cater to discerning guest preferences.

For readers looking to dine at the hotel, what exciting food-related happenings are coming up at the hotel?

The hotel is gearing up for a culinary carnival mid-October, where guests can enjoy dishes from all the 18 F&B outlets amid live entertainment and music. With schools reopening, we have curated a special launch for families with Saturday Family BLunch (a combination of brunch and lunch) where our main focus will be on the family and kids. The BLunch is priced at only AED 119 and kids up to 12 years dine for free. Our chefs will give the kids a firsthand

experience of a professional kitchen by preparing food together by engaging kids to make some drinks, creating their own pastas, pizzas, waffles, ice creams, etc. While our brunches have always been popular, we are re-inventing and relaunching them with greater fanfare.

Our beer bike, the first of its kind in this region, is among the many attractions of the Hive Brunch at Warehouse and we are also updating the offerings of Friday Brunchology at Yalumba to include more live stations from Australia. September will also see the launch of two new theme nights at Yalumba, Queen's land – a ladies night offering on Thursdays where ladies get 50% discount of Yalumba's lavish dinner buffet and 4 house wines from Yalumba, Outback Wednesdays will serve authentic Aussie BBQ for only 99 and Fosters hops from AED 25. Tuesdays at Yalumba are particularly popular as its our seafood night, which our guests love. The Meridien Village Terrace will spring back to life for the new season by end of September introducing a new band 'The X Groove', who will play every night to set the mood for moonlight themes at the Terrace.

Besides these, Yalumba is also all set for back to school brunch and special ladies night while All You Can Eat Dim Sum at Long Yin restaurant is perfect for diners who want to sample a variety of authentic Chinese dim sum. Hops lovers can swing by Yalumba and enjoy an Australian Themed brunch while those fancying some Tex-Mex specialties can head to Jules Bar and enjoy 21 mouthwatering Mexican dishes for AED 121. Also, watch out for the Australian Sea Scallop with Shell Festival at Seafood Market and the Curry Festival at Sukhothai restaurant that is sure to make September a month-long feast.

Where do you source ingredients from for restaurants at Le Meridien Dubai Hotel?

We source all our ingredients from around the world, for example: our Japanese restaurant Kiku procures its ingredients from Japan, similarly our Thai, Chinese, Italian, Indian restaurants relies on the produce of the native country to deliver an authentic, novel dining experience to guests. Our steakhouses source the finest cuts and varieties of meat from Australia, USA, Argentina, Japan and New Zealand. With the advancement in technology for safe transportation of perishables, it is not difficult to get quality products from the other end of the world in a short period.

What's your favourite, must-try dish available at the hotel and why?

With an extensive number of restaurants serving distinct cuisines it sure is difficult to choose! However, if I have to list out my favourites, then they would be from Long Yin because the cuisine is extremely authentic and classic but at the same time enables you to relish a unique dining experience. The prawn wasabi and homemade dim sums at Long Yin are my top favorites and must-try dishes.

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Health news

Health news covering everything from ingredients and dishes to advice and new products to try

Get your beetroot boost

The fitness world is full of 'go-faster' fads that promise to rev your engine and have you flying over the finish line. Beetroot juice is one of the few products with claims that have stood up to rigorous testing.

"Recent research has continued to show that dietary nitrates (in particular from beetroot juice) can be an endurance booster" explains James Collins, elite performance nutritionist. "They work by improving the efficiency of the muscles as the nitrates reduce the amount of oxygen required to produce energy."

Your response to these potent compounds will be individual and James advises experimenting during your training sessions to see if it's right for you. "Half a litre of beetroot juice is about the right dose, or you can now buy handy shows that are more concentrated and often more palatable. Blood levels peak after two to three hours, so time your intake accordingly to when you're looking to boost performance."



All the ingredients for raw eating

Fresh produce delivery service, kibsons.com has introduced a new range of ready-made 'raw boxes'. The super-healthy raw boxes require no cooking and are loaded with nutrient-rich foods. Options on offer include two colourful, energy-boosting juice boxes, a refreshing chilled soup box and a salad box. The 'beetroot & apple juice' box is priced at Dhs24.25 – all you need to do is pop the peeled ingredients into a juicer or blender and you will be well on your way to your five-a-day.

If you are a little stuck for some dinner inspiration, the 'cauliflower rice salad' box for Dhs33.75 comprises cauliflower rice, crunchy tomatoes, peppery radishes, pretty pomegranate seeds and citrusy lemon with a moreish creamy tofu dressing, while the 'cucumber gazpacho' box for Dhs26.25 provides a herby and spicy twist on the traditional no-cook cold soup. It includes cucumber, avocado, yogurt, green chilli, spring onions, lemon, mint and coriander and is the perfect summertime light lunch or dinner. Simply chop the two cucumbers and blend until smooth with the flesh from one avocado, yogurt, deseeded green chilli, spring onions, lemon juice and a handful of the picked mint and coriander leaves. Pour into two bowls and serve. For more information, visit kibsons.com or call +971 800 5427667.

How much meat is safe to eat?

Meat is an excellent source of protein and provides many important vitamins and minerals, and, eaten in moderation, can form part of a healthy diet. But how much is too much?

After research suggested a link between high intakes of red or processed meat and negative health effects, the National Health System in the UK now advises that those who eat more than 90g per day should aim to cut down to 70g, which is roughly 5 tablespoons of cooked mince or half a large burger patty.

Keen to reduce your daily intake? Try dietician Emer Delaney's top tips for cutting down...

- Build meals around vegetables and add a little

meat in, rather than the other way around. For example, reduce the amount of meat in stews and curries, and bulk up with extra vegetables, pulses and grains instead.

- Devise a way of curbing your meat intake that works for you. For example, consider eating meat only on weekends, or including it only in one meal per day.
- Opt for Indian, Middle Eastern or Asian-inspired vegetable dishes that use lots of spices and herbs – you're less likely to notice the absence of meat.
- Use vegetables with 'meaty' qualities, such as mushrooms or aubergines.



Veggie protein suppers

Stay full for longer with these satisfying vegetarian dinners. Each one contains 15g of protein or more per serving

recipes SOPHIE GODWIN photographs MIKE ENGLISH

1 Satay tofu skewers with garlic & ginger pak choi



SERVES 2 PREP 15 mins COOK 10 mins EASY V

3 tbsp smooth peanut butter
1 tsp light soy sauce
pinch of chilli flakes
1 lime, ½ juiced, ½ cut into wedges
200g firm tofu (see tip, below), cut into chunks
1 tbsp rapeseed oil

1 garlic clove, sliced
small piece of ginger, sliced
200g pak choi, leaves separated
1 tbsp roasted peanuts
You will need
4 skewers (soak in cold water for 20 mins if they're wooden)

1 Mix the peanut butter, soy, chilli and lime juice together with 50ml water. Pour half into a roasting tin, add the chunks of tofu and stir to coat. Leave to marinate for 30 mins if you have time, then thread onto four skewers and put on a baking tray.

2 Heat the grill to its highest setting. Grill the tofu for 4 mins on each side until nicely browned and crisp. Meanwhile, heat the oil in a frying pan or wok. Add the garlic and ginger and sizzle for 1 min or so, then tip in the pak choi and cook for about 3 mins until wilted.

3 Divide the pak choi and skewers between plates. Sprinkle over the peanuts, drizzle over the remaining sauce and serve with lime wedges for squeezing over.

GOOD TO KNOW vegan • healthy • low cal • calcium • folate • 1 of 5-a-day

PER SERVING 339 kcals • fat 25g • saturates 5g • carbs 8g • sugars 4g • fibre 5g • protein 18g • salt 0.8g



If you can't find firm tofu, you can use another type by draining off the liquid, sandwiching between kitchen paper and putting something heavy on top of it to weight it down. Leave for half an hour before using.

2 Three bean spring minestrone



SERVES 3 PREP 10 mins COOK 15 mins EASY V

2 tbsp olive oil, plus extra for drizzling
1 banana shallot, chopped
1 fennel bulb, thinly sliced
2 garlic cloves, chopped
400g can cannellini beans
400g can borlotti beans

700ml vegetable stock
100g green beans, chopped
rind of a vegetarian hard cheese, plus 30g, grated
150g frozen peas
1 lemon, zested
handful basil leaves, torn to serve

1 Put the oil in a saucepan over a medium heat, add the shallot, fennel, garlic and a pinch of salt and cook until softened. Drain the beans, reserving the starchy water from half of one can. Tip these into the pan along with the stock, green beans and cheese rind. Cook for 15 mins until the green beans are completely softened.

2 Stir in the peas, cook for a couple of mins more, then stir in the lemon zest and grated cheese. Season to taste. Ladle between bowls and top with the basil leaves.

GOOD TO KNOW healthy • low cal • fibre • 3 of 5-a-day

PER SERVING 367 kcals • fat 14g • saturates 4g • carbs 29g • sugars 8g • fibre 18g • protein 22g • salt 1.3g

3 Butternut, chickpea, feta & pickled radish salad



SERVES 4 PREP 15 mins COOK 50 mins EASY V

2 tbsp olive oil
1 tbsp rose harissa
1 butternut squash, skin on, seeds removed and cut into large wedges
2 x 400g can chickpeas, drained

2 tbsp sherry vinegar
200g mixed radishes, cut into pieces
80g vegetarian feta, crumbled
1 small pack dill, chopped
2 tbsp pumpkin seeds, toasted

1 Heat oven to 200C/180C fan/gas 6. Mix the oil with the harissa, then toss with the butternut squash and some seasoning in a large roasting tray. Roast for 30 mins. Add the chickpeas, toss together, then cook for a further 20 mins.

2 Meanwhile, heat the sherry vinegar in a saucepan with a big pinch of sugar and salt with 1 tbsp water. Bring to a simmer, then remove from the heat and tip in the radishes. Mix and set aside.

3 Pile the butternut and chickpeas onto a platter, mix through most of the feta and dill, then scatter over the pickled radishes and their liquor. Top with the remaining feta, dill and pumpkin seeds.

GOOD TO KNOW healthy • low cal • calcium • fibre • vit c • iron • 3 of 5-a-day • gluten free

PER SERVING 370 kcals • fat 17g • saturates 4g • carbs 33g • sugars 8g • fibre 11g • protein 16g • salt 0.7g



Satisfying pack lunch



This salad, packed with omega-3 and two of your 5-a-day, is a great addition to our 2018 diet plan. Find the plan and lots more recipes online

recipe SARA BUENFELD photograph MIKE ENGLISH

Salmon pasta salad with lemon & capers

Use frozen, skinless wild salmon fillets – much cheaper than fresh.

SERVES 2 PREP 10 mins
COOK 20 mins EASY

85g wholewheat penne
1 tbsp rapeseed oil
1 large red pepper, roughly chopped
2 frozen, skinless wild salmon fillets (about 120g each)
1 lemon, zested and juiced
2 garlic cloves, finely grated
1 shallot, very finely chopped
2 tbsp capers
6 pitted Kalamata olives, sliced
1 tsp extra virgin olive oil
2 handfuls rocket

1 Cook the pasta following pack instructions. Meanwhile, heat the rapeseed oil in a frying pan, add the pepper, cover and leave for about 5 mins until it softens and starts to char a little. Stir, then push the pepper to one side and add the salmon. Cover and fry for 8-10 mins until just cooked.
2 Meanwhile, mix the lemon zest and juice in a large bowl with the garlic, shallot, capers and olives.
3 Add the cooked pepper and salmon to the bowl. Drain the pasta and add it too, with black pepper and the olive oil. Toss everything together, flaking the salmon as you do so. If eating now, toss through the rocket; if packing a lunch, leave to cool, then put in a container with the rocket on top and mix through just before eating.

GOOD TO KNOW healthy • low cal • fibre • vit c • omega-3 • 2 of 5-a-day
PER SERVING 475 kcal • fat 22g • saturates 3g • carbs 31g • sugars 4g • fibre 8g • protein 35g • salt 1.1g



Did you miss the launch of our healthy diet plan? Don't worry, you can catch up at bbcgoodfoodme.com



'My mum, who was a nutritionist, was so forward-thinking. In the 1970s, her food was wholemeal, virtually sugar-free and organic. I love to think I'm following in her footsteps.'
SARA BUENFELD, Food writer

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classic bake

time for tea

Every home cook should have carrot cake in their repertoire – this one uses muscovado sugar for a hint of caramel flavour and walnuts to add texture

recipe CASSIE BEST photograph WILL HEAP



Carrot cake

Early recipes for carrot cake had a healthier reputation – carrots and dried fruit were used for sweetness. Now it's a teatime special and the cream cheese frosting makes it much more indulgent.

SERVES 10-12 **PREP** 35 mins plus cooling **COOK** 30 mins
EASY V * un-iced

235ml vegetable oil, plus extra for the tin	265g carrots (about 3), grated
100g natural yogurt	100g sultanas or raisins
4 large eggs	100g walnuts or pecans, roughly chopped (optional)
½ orange, zested	For the icing
1½ tsp vanilla extract	100g slightly salted butter, softened
265g self-raising flour	300g icing sugar
335g light muscovado sugar	100g full-fat cream cheese
2½ tsp ground cinnamon	
¼ fresh nutmeg, finely grated	

1 Heat oven to 180C/160C fan/gas 4. Oil and line the base and sides of two 20cm cake tins with baking parchment. Whisk the oil, yogurt, eggs, zest and vanilla in a jug. Mix the flour, sugar, cinnamon and nutmeg with a good pinch of salt in a bowl. Squeeze any lumps of sugar through your fingers, shaking the bowl a few times to bring the lumps to the surface.

2 Add the wet ingredients to the dry, along with the carrots, sultanas and half the nuts, if using. Mix well to combine, then divide between the tins. Bake for 25-30 mins or until a skewer inserted into the centre of the cake comes out clean. If any wet mixture clings to the skewer, return to the oven for 5 mins, then check again. Leave to cool in the tin.

3 To make the icing, beat the butter and sugar together until smooth. Add half the cream cheese and beat again, then add the rest (adding it bit by bit prevents the icing from splitting). Remove the cakes from the tins and sandwich together with half the icing. Top with the remaining icing then scatter with the remaining walnuts. *Will keep in the fridge for up to five days (eat at room temperature).*

PER SLICE (12) 680 kJals • fat 37g • saturates 8g • carbs 78g • sugars 61g • fibre 3g • protein 8g • salt 0.6g



**Pecans vs
walnuts**

Pecans have a
sweeter flavour
but walnuts are
crunchier

Geometric tarts

These stunning fruity desserts are a work of art – get creative with your design and make it your own

recipe

photograph

ELENA SILCOCK
EMMA BOYNS



Tropical tart

Design your geometric topping, get a sharp knife so you can execute those straight edges, and lay out the fruit slices on a board – or you could print out your design – before transferring them to top the tart.

SERVES 8 **PREP** 1 hr plus at least 2 hrs chilling

NO COOK **MORE EFFORT** **V**

100g mascarpone
140g cream cheese
30g icing sugar
1/4 tsp vanilla extract
1/4 tsp coconut extract
(optional)
50ml coconut cream from
a can, shaken first (save
the rest for another recipe)

1 sweet pastry case
tropical fruit of your
choice, sliced, then each
slice cut into triangles or
the shapes required for
your design (we used
mangoes, kiwis,
pineapple and
dragon fruit)

1 Using an electric whisk, beat the mascarpone, cream cheese, sugar, vanilla, coconut extract, if using, and a pinch of salt until smooth. Whisk in the coconut cream.

2 Spoon the filling into the pastry case, smooth the top and return to the fridge for at least 2 hrs or overnight. Once set, use the tropical fruit to decorate the top of the tart in your desired geometric pattern.

PER SERVING 275 kcal • fat 19g • saturates 11g • carbs 23g • sugars 13g • fibre 1g • protein 3g • salt 0.2g



VOTE NOW!



The BBC Good Food Middle East Awards are back for the ninth year to celebrate the best in food from across the region, as voted for by you. With over 60 categories to vote in, featuring new awards for Oman, Bahrain, Kuwait and Saudi Arabia.

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HOLIDAY IN
THE SEYCHELLES
WORTH
DHS 10,000!**

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TOKYO

Japan's capital city, Tokyo doubles as one of the world's greatest food capitals. Whether you want Michelin-starred restaurants, traditional dining experiences or street food nibbles, Tokyo covers it all, straddling both the traditional and the ultra-modern. During our visit to this once-in-a-lifetime destination we discover why Tokyo should be on your culinary bucket list.

By Sophie Voelzing

Japanese food is all too often clichéd with having an offering of just sushi and sashimi, which is not the case. The wide-ranging, diverse cuisine in Japan is made up of so many individual specialities, that no food tour here ever really feels complete – there are just so many restaurants and dishes to explore, from yakitori, shabu-shabu and tempura, to soba, ramen and unagi, plus many more.

Food in Japan is famously nutritious and showcases only super-fresh, hyperlocal seasonal ingredients, while the country's chefs train for years on end to become skilled perfectionists that operate with finesse, using centuries-old techniques passed down through generations.

On foot around the city, Tokyo is a place where you can enjoy everything from stunning landscapes, tranquil parks and sacred shrines, to bustling city streets, giant dancing robots and have a cup of tea in an owl-filled café – all in one afternoon. Culture



steeped in tradition meets modernism and quirkiness all throughout this city.

STAY

Start your culinary journey by checking-in at Mandarin Oriental Tokyo in the Nihonbashi district, a hotel home to the 'Art of Dining at Tokyo' with 12 restaurants and bars, three of which are Michelin-starred and one has been selected as a bib-gourmand in the Michelin guide.

Inside, the setting is nothing short of stunning. With city views overlooking Tokyo Skytree, the Imperial Palace and Mount Fuji in the distance, Mandarin Oriental Tokyo's lobby welcomes on the 38th floor. Boasting Japanese-inspired, minimalist design, the interiors are sleek, sophisticated and polished.

The hospitality is warm and welcoming – each and every member of staff greets with a friendly smile, pressed hands and a bow while saying "irasshaimase" ('welcome' in Japanese). Service is unfaltering with no request being too much to ask.

Choose from one of 179 spacious guestrooms, which are located across the nine uppermost floors of Nihonbashi Mitsui Tower – the space Mandarin Oriental Tokyo occupies.

All rooms offer great views overlooking Tokyo and are designed to promote harmony and set a contemporary mood that simultaneously reflects Japan's timeless artisanship.

DINE

When choosing where to dine at Mandarin Oriental Tokyo, our top pick is Sushi Sora – meaning 'sushi sky' in English, due to its location on the 38th floor offering sweeping city views through large floor-to-ceiling windows. The intimate eight-seater restaurant serves authentic edomae-style, traditional sushi cuisine, prepared and served piece by piece by an expert Sushi Chef.

At Sushi Sora, expect a refined, authentic experience where you'll enjoy the freshest of seasonal ingredients including the likes of uni (sea urchin), chu toro (medium marbled tuna), kohada (gizzard shad) and ni anago (simmered conger eel), all of which are elegantly shaped by the chef's hands to create nigiri,

makimono-rolled sushi, or simple beautiful pieces of sashimi, flavoured delicately with high-quality soy.

In conversation with the hotel's executive chef, Daniele Cason, he explains that the ingredients used at Sushi Sora are imported daily from an extensive network of fishermen in Hokkaido, Okinawa, Osaka and Tokyo Bay, as well as Tokyo's famed Tsukiji Fish Market – the world's largest fish market and one of the city's top foodie tourist hot spots (be sure to add a visit to the market to your 'to do' list). Depending on the season, on average Sushi Sora will have around 30 types of fish available during the summer and closer to 40 during winter when shellfish are available.

For a one-Michelin starred experience at Mandarin Oriental Tokyo, don't miss the Tapas Molecular Bar, where over the course of about two hours, chefs prepare bite-sized delicacies right before your eyes, creating new textures and flavour combinations to stimulate both the imagination and the palate. Or, visit one-Michelin starred Sense restaurant to delight in authentic and contemporary Cantonese cuisine with particular delicacy and flair. Expect a menu including Napoleon fish (a popular delicacy in Hong Kong), and the freshest Chinese vegetable dishes, as well as dim sum.

Other dining options available at Mandarin Oriental Tokyo include the one-Michelin starred outlet, Signature,

10 things to eat in Tokyo

Yes, sushi is on the must-try list, however, there is so much more to Japanese cuisine. Here are our top ten food picks to try when visiting the city – in no particular order, they're all well-worth a try!

Ramen

This much-loved dish comprises egg noodles in a salty broth and there's four main broth styles that you'll come across including miso, soy sauce tonkotsu (pork bone), and salt.

Tempura

You probably know of the deep-fried goodness that is tempura, but not like this. Tempura in Japan is light and fluffy. You'll find it coating everything from seafood (fish heads included) to vegetables, and it tends to come served with a dipping sauce of soy sauce-flavoured broth.

Shabu-shabu

You'll find shabu-shabu restaurants all over Tokyo, where your table will be topped with a big pot of bubbling broth and platters of unlimited thinly sliced beef or pork, to swish around in the broth to cook to your liking. Cooking only takes a couple of seconds and the meat pairs wonderfully with a slurping of the broth afterwards.

Sushi

We all know what sushi is, however, you'll be surprised to find that sushi in Japan is different to what is served in other countries. Firstly, the quality of the fish is always of the upmost importance and tends to be 'catch of the day' only. Once sliced, the fish is served atop rice seasoned with vinegar. Around Tokyo, you'll find sushi at all establishments ranging from Michelin-starred to street food vendors – both of which serve superb quality.

Unagi

Unagi is river eel, and is a much-loved ingredient in Japan. You'll find river eel most commonly grilled over charcoal before being generously coated with a sweet barbecue sauce. The meat melts-in-the-mouth and is extremely tender and flavoursome.

Yakitori

No matter the time of day, you can never beat a couple of skewers of yakitori – sticks of charcoal-grilled meat and vegetables. Chicken in particular is most commonly used for yakitori (all parts of it), and will be grilled marinated in a sweet soy sauce. Don't be caught off guard if you find your chicken served towards the 'medium rare' temperature. I know that eating raw chicken goes against what most of us were taught growing up, but the quality of chicken in



Ramen



Soba



Okonomiyaki



Yakitori



Unagi

Japan is so superior, that the Japanese eat it raw. Are you daring enough to give it a try?

Soba

Unlike udon noodles that are thick, soba noodles are long and thin. Made from buckwheat, soba tends to be served in a hot, soy sauce broth.

Kaiseki

In simple terms, the Kaiseki dining experience is best described as an ultra-seasonal, authentic and traditional Japanese multi-course meal prepared by a chef, with great attention to detail and presentation. It originated centuries ago alongside the tea ceremony in Kyoto (and Kyoto remains the home of kaiseki). There's no menu, just a procession of small courses meticulously arranged on exquisite crockery. Only fresh ingredients are used and each dish is designed to evoke the current season.

Okonomiyaki

The word 'okonomiyaki' quite literally means 'grilled as you like' in English. Okonomiyaki is Japanese comfort food in the form of a savoury pancake filled anything from cabbage and pork to seafood.

Pufferfish

This last one is only for the most adventurous and daring – and is only recommended to try at licensed establishments. Pufferfish are poisonous and contain tetrodotoxin, a deadly toxin that is up to 1,200 times more poisonous than cyanide (gulp!) – that's enough poison to kill 30 humans. But, it's not all scary news. Many people in Japan eat pufferfish safely, however, it must be prepared by someone who has been specially trained and has a license.

where authentic French cuisine is served and quite often pop-ups are hosted by famed chefs included Noma's René Redzepi and Gaggan's chef Gaggan Anand.

There's also Italian eateries, K'shiki (all-day dining) and The Pizza Bar, where pizzas are created at the seating counter by a master pizza maker (pizzaiolo) and served straight from the brick oven.

Ventaglio is where you'll find Mediterranean cuisine, and Oriental Lounge is the perfect spot to head for Afternoon Tea, or alternatively there's the Sense Tea Corner, where you'll find more than 20 different types of fragrant teas available from mainly China and Taiwan.

For drinks, the Mandarin Bar is open all day through to 1am, while The Cellar is available for exclusive, private grape dinners.

INSIDER KNOWLEDGE

With its strong cultural identity, across the city you'll feel a great sense of pride and mutual respect amongst the local community. To help with fitting in when you're there, there's a few things to be aware of before your Tokyo adventure begins.



Spending money

On average, this is how much it costs to eat and drink around Tokyo.

Cup of coffee

¥220 – Dhs8

Soft drink

¥140 – Dhs5

Casual meal for two (no alcohol)

¥3000 – Dhs100

Basic street food snack

¥130 – Dhs4

Firstly, tipping at F&B establishments is not a thing in Tokyo and most places will include a service charge on the bill, or alternatively there will be a cover fee to guarantee your seat at a restaurant or bar. Show your gratitude for great service and food by personally thanking your server and the chef – bonus points if you do it in Japanese by saying “gochisosama deshita” (it was a feast).

Japanese cuisine can be very delicate, with chefs really focusing on showcasing an ingredient's natural flavour, without overthrowing its taste with stronger flavoured products. Because of this, many restaurants are ‘odorless’ and will request that you avoid wearing any strong perfumes or colognes when visiting, so that the sensory experience is not compromised during dinner.

On nearly every street in Tokyo, you'll find a restaurant serving udon or ramen noodles. It's important to know that slurping is acceptable (and pretty unavoidable), as the slurp helps to prevent burning your mouth with the piping hot broth as you chow down on the noodles.

And, as for chopstick etiquette, it's widely noted as bad luck and rude to stick or stab your chopsticks directly into food, as it relates to a ritual that's carried out during Japanese funerals.

In terms of getting around, taxis in Tokyo can get expensive very quickly, so opt to take the subway. It's one of the most wide-spread, complex metro systems in the world so it'll always get you to where you want to go. It's also really clean, safe and easy-to-use – if you get stuck, each station has an English-speaking attendant on hand to point you in the right direction.

HOW TO DO IT

Emirates Airlines (emirates.com), offers two daily direct flights from DXB International Airport to Tokyo Haneda Airport. Prices vary on seasonality, but on average you can expect to pay around Dhs4,000 for a return flight.

To book a stay at Mandarin Oriental Tokyo, visit mandarinoriental.com/tokyo/nihonbashi/luxury-hotel where you can book directly, e-mail motyo-reservations@mogh.com or call +81 (0)3 32708800.



STAY: One&Only The Palm, Dubai

Looking for somewhere to celebrate a special occasion or to simply indulge yourself? One&Only The Palm, Dubai is one of the emirate's most exclusive retreats serving up fantastic food paired with incomparable luxury. We visit the boutique resort to learn of its gourmet offering. **By Sophie Voelzing**

Located at the furthestmost point of Palm Jumeirah, One&Only The Palm, Dubai is a true oasis away from the hustle and bustle of city life with its lush manicured gardens, fountains and pools, thoughtfully dotted around its private beachfront location.

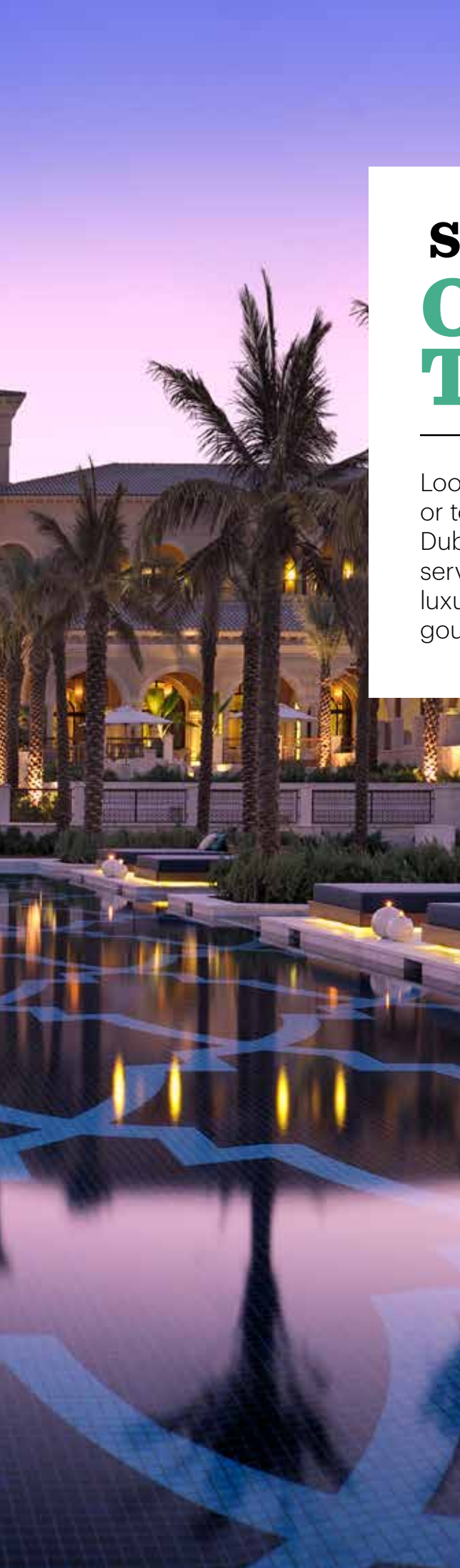
The palm-covered resort exudes elegance and sophistication from the moment of arrival, where a personal butler awaits to warmly welcome and ensure your experience from start to finish is seamless.

One&Only The Palm is the perfect escape for a long weekend staycation for those looking for that 'getaway' feel without having to bother with the hassle of air travel – and best yet, it's culinary offering is superb!

Around the resort the ambiance is serene and peaceful, making you feel a world away from Dubai's liveliness, despite it only being just a 15-minute drive away. Its modern Andalusian and Arabesque design is tasteful and inviting, and whether it be within your room, by the pool or at a restaurant, all areas at One&Only The Palm are spacious and allow for privacy and intimacy.

When it comes to accommodation, there are various options available ranging from executive suites to two-bedroom beachfront villas with private pools.

No matter the room, are all equally as luxurious and equipped with indulgent





finishing touches such as huge sunken bath tubs, generous Acqua di Parma toiletries and complimentary nibbles like handmade chocolates and locally-sourced dates.

Once checked-in, all that's left to do is relax and enjoy the resort's culinary offering at one of three restaurants: STAY, by Yannick Alléno where fine dining French cuisine is served, 101 Dining Lounge & Bar which is seafood-led and Asian-inspired, and Zest, the resort's all-day dining outlet.

STAY, by Yannick Alléno

STAY (the acronym for Simple Table Alléno Yannick) is a French fine dining restaurant that oozes elegance, refinement and savoir-faire. Considered one of the world's best chefs, Yannick Alléno is recognised internationally for his role at the forefront of innovation in French gastronomy – with three Michelin stars to his name and a 29th place ranking on the World's 50 Best Restaurants 2018 list for his restaurant Alléno Paris. Although he's not always present at STAY, his team ensure culinary and service standards are kept world-class.

With indoor and outdoor seating, STAY is beautifully decorated with black crystal chandeliers, rich tones,

vaulted ceilings, gleaming silverware and pristine white table cloths. The spacious venue ensures privacy and intimacy, lending itself as the perfect venue for sharing a romantic occasion with your other half.

Open for dinner only, the menu at STAY combines traditional French technique with contemporary ideas. In addition to à la carte, seasonal tasting menus are a regular occurrence here, showcasing premium ingredients like white truffle and foie gras at a set price.

During our visit, we experienced the 8-course 'Stay Discovery Menu', which is a mystery menu that chef Sylvain Thuillez prepares at his discretion, designed to take guests on a journey of discovery through Parisian cuisine.

The experience began with a delicate introductory course of carrot maltais with cucumber and yuzu jelly, and a sprinkle of Yemeni blossom pollen. Next an impressive dish of langoustine with asparagus and extraction soup was served, accompanied with the theatrics of a beautiful red rose being dipped into dry ice tableside, then broken down and dusted over the dish to add a gentle rose-flavoured touch, which was delicious!

My favourite dish of the discovery came next in the form of confit

watermelon with creamy, centre-only aromatic burrata. On the menu, this wouldn't have been my first choice, however the dish stunned. The whole-roasted watermelon was meaty in texture and dense in flavour, and paired wonderfully with a drizzle of high-quality aged balsamic.

Next came pan-seared foie gras with mango couli and ginger syrup, plus a main dish of perfectly cooked iodine John Dory on a bed of butter leeks and Jerusalem artichoke extraction.

And finally, Black Angus beef aiguillettes – a tender slice of medium-rare delight was served topped with sea urchin and a celery crust.

Dessert at STAY is quite the occasion for those with a sweet tooth, as a unique Pastry Library in the main dining room allows guests to sample a range of flavours at the interactive counter, while the chef prepares dishes in front.

Served to the table, we enjoyed Périgord chestnut tuiles that were delightfully crispy, fine and paired well with the Cognac jelly and moorish creamy filling – all topped with gold leaf, because this is Dubai after all.

The team at STAY are welcoming and refined. Service is attentive, yet discreet and unobtrusive, always keeping it classy and professional.

101 Dining Lounge & Bar

Next, there's the breathtaking venue, 101 Dining Lounge & Bar that's located on its own private marina. Serving up fresh fish and seafood-led cuisine with a touch of Asian inspiration, 101 is open for both lunch and dinner – it's also the perfect venue for a sundowner aperitif while the sun sets over the water – it's a blissful sight on the dock, where the vibe is romantic and relaxing.

At 101, the fine dining experience is neither pretentious nor stuffy, yet welcoming and social. Whether it be for a special occasion, a date night with a loved one, or with a group of family and friends for a high-quality culinary evening, the restaurant is well-suited for those looking to share a memorable evening.

The décor is marine-inspired and chic, while the floor-to-ceiling glass windows allow for the outdoor surroundings to flow indoors.

To start, don't miss chef Mathieu's newly-introduced seabass and mango ceviche, which is generous in size, fresh and ensures the meal is off to a refreshing and light start. From the Jospier charcoal BBQ, the king crab leg is another must-try, that's served with the most flavoursome bisque sauce, spring onions and bread crumbs, while for mains, the beef tenderloin in baby potatoes is a delight to eat.

Bring the meal to a close with a gorgeous selection of berries that are served with an aerated foam from berries that have been reduced down over heat – absolutely delicious.



Relax & revitalize

For breakfast, lunch and dinner, you'll also find Zest all-day dining outlet open for your convenience. The buffet breakfast spread is impressive, and to accompany there's also a selection of a la carte dishes available included in the breakfast package with options like eggs benedict and French toast made to order.

What I loved most about Zest's breakfast selection was the extensive juice bar, where a wide range of freshly prepared juices were prepared and waiting, or a chef was on hand to create a blend to your personal liking – such a nutritious start to the day.

Continuing the healthy start, One&Only The Palm's gym facilities are extensive and state-of-the-art, there's even a PRAMA gym where you can enjoy an intense, but super fun interactive circuit training workout, where LED lights and markings on the floor are used with music to guide you through the class.

After the workout, the region's first and only Guerlain Spa is open all-day, offering everything from massages and scrubs, to hair and make-up.

If you make it to the spa, don't miss the resort's signature 'Desert D'Orient' treatment. This two and half hour treatment ensures true relaxation, including a bubble bath to begin, followed by an exfoliation treatment to detox. A mud-mask is then applied to your ever-so soft skin before entering the steam room, and then the experience is rounded-off by a 60-minute full-body massage.

Continue relaxing afterwards at one of two swimming pools at the resort – one of which is adult-only.

Whether it be for a holiday to switch off from the world or a weekend staycation to relax and revitalize, we can confirm that serenity is most certainly found at Dubai's most intimate beachfront resort, One&Only The Palm.

Special offer

This September at One&Only The Palm, treat yourself to the 'Summer Guerlain Day Spa' package. The offer includes a 60-minute Imperial Relaxing Massage at Guerlain Spa, Spa pool access and a light lunch at ZEST restaurant or an elegant Afternoon Tea.

On weekdays the package is priced at Dhs895 per person, while on weekends it's Dhs995 per person.

Up to two additional guests can join for pool access and lunch only, for Dhs350 per person on weekdays or Dhs450 on weekends.

STAY

Call 04 440 1010

E-mail reservations@oneandonlyresorts.com

Visit oneandonlythepalm.com



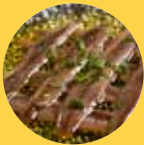
test kitchen



What Barney Desmazery is cooking up in his kitchen

Ingredients in-depth: Anchovies

This small fish gives a boost of salty flavour to any dish (see our Caesar salad overleaf), but not all anchovies are cured equally...



Anchovies in oil The easiest to buy, these are salted anchovies (see below) that have been prepared, so they're ready to use. They come in resealable jars or cans, and can be blended into dressings or used as a pungent seasoning. Plus, you can keep the anchovy-infused oil to add flavour other recipes.



Salted anchovies Use these when you want the anchovy fillets to be on show in your dish. These have a stronger flavour than anchovies in oil, but they need to be prepared, which involves rinsing and gently filleting them. This can be quite fiddly, so if you don't have time to prepare them yourself, they can be substituted with sardines in oil.



Marinated anchovies Also known by their Spanish name boquerones (bock-er-rone-es), these silver-skinned, white-fleshed fillets are lightly pickled in vinegar before being marinated in oil or brine, sometimes with other aromatics such as herbs. These are delicious eaten on their own or as tapas. They can't be substituted with the other two types when cooking as the texture and flavour is completely different.

Quick fix: broad beans

Broad beans are in season from June to September. If you're buying them whole, here's what you need to know:

Podded beans This means the beans have been removed from the pods but are still in their skins.

Double-podded beans These have been podded, boiled briefly, cooled and pinched out of their skins.

Do they really need double-podding? Unless they're young (the size of a fingernail), they'll eat better when removed from their leathery skins.

Broad bean maths If your recipe only has the podded or peeled weight, follow this general rule: for every 100g of peeled broad beans, you need to buy 300g in their pods.

3 degrees of grilling cheese

Melted, bubbling or golden – how do you make yours?



MELTED

2-3 mins To get the cheese soft and melted but not coloured



LIGHTLY BROWNED

3-4 mins When you want slight caramelisation for flavour



MOTTLED

4-5 mins For a deep golden colour and crisp finish





ON TEST

LUNCHBOXES

*We rate the latest kitchen kit each month
– find more reviews at bbcgoodfoodme.com*

Save yourself money by taking a packed lunch to work or school. These are our tried-and-tested, leakproof lunchboxes.



BEST LEAKPROOF DESIGN

1 Tala Push & Push lunchbox

Dhs20 amazon.com

The lid locks tightly in place and only opens when both of the push tabs are pressed at the same time, making it 100% leakproof. If you hate it when salad dressing gets all over your fork, then this lunchbox is ideal as the recyclable cutlery has its own compartment inside the lid. The box is a good size for a large portion of pasta, salad, or leftovers. Available in different sizes.

BEST LAYOUT

2 Lakeland double decker collapsible lunchbox

Dhs95 lakeland.com

Ideal for anyone looking to save a bit of space in their bag or Tupperware cupboard, this box can slot neatly in your bag when lunch is finished. The lid comes complete with a hidden cutlery compartment as well as a dressings pot. Worth the investment if you tend to travel with more than one meal as both your breakfast and lunch can fit inside. Plus, it's dishwasher safe.

BEST FOR KEEPING CHILLED

3 Bobble Box

Dhs53 houseoffraser.co.uk

Do you worry that your lunch won't stay fresh without a fridge? Enter the Bobble Box. This range of lunchboxes has a miniature ice block that clips into the lid, meaning that food – like a crisp salad, chilled meats, or cheese – stays cooler for longer. It's not the easiest to clean and requires a lot of dismantling, but it's worth it. It's leakproof and can be used in the microwave, too.

BEST SPACE SAVER

4 Joseph Joseph GoEat lunchbox

Dhs76 johnlewis.com

One of the slickest designs we tested, this box is ideal if you're a bit restricted on space. It's large enough for your lunch but small enough to tuck inside a backpack or handbag. This box passed our leak test and, despite different foods being kept closely together, nothing spilled. It can be easily washed by hand, but it's also dishwasher safe.

WHAT WE LOOKED FOR

1. BPA-free

The lunchbox, especially if it contains plastic, should be completely safe to store food inside.

2. Size and storage

We searched for boxes of all shapes and sizes to suit different needs, excluding anything that seemed a poor use of space.

3. Cleaning properties

We looked for boxes that were easy to clean. Those that could go in the dishwasher were preferable, but for those that weren't, we made sure they could be cleaned easily by hand.

4. Aesthetics

We were on the lookout for any fun and unique designs. Any additional features such as cutlery, separate compartments, or cooling packs were also taken into consideration.

5. Leak test

Every lunchbox was put through our 'leak test' – filled with wet and dry foods, closed tightly shut and then shaken around before being checked for leaks. Any boxes that didn't pass the leak test were disqualified.

6. How we tested

Over a two-week period, we checked each shortlisted lunchbox against the testing criteria. After passing the leak test, boxes were reviewed based on their unique features.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

A SHARING SUNDAYS PASS FOR THREE PEOPLE AT TRADER VIC'S JBR! WORTH DHS585

Every Sunday, Trader Vic's JBR is offering guest a three-course meal from a specially crafted menu. For appetisers, there is a choice of the tidbits platter, a selection of peri-peri chicken, vegetarian spring rolls, and beef cho cho; BBQ chicken salad; or mouth-watering vegetable tempura. The main course includes Trader Vic's favourites, such as duck and rice; seafood chow mein; and red Thai vegetable curry. To finish the dining experience on a high note, diners will be presented a Grand Dessert – a selection of banana fitters, walnut brownie and a passion fruit cheesecake. Sundays never felt so good!



WIN!

A STREET FOOD DINING EXPERIENCE FOR FOUR AT ZAROOB RESTAURANT! WORTH DHS500

Zaroob, literally translates to 'small alley'. It is a concept which was inspired by the traditional street food vendors found around the Levant region. The live cooking stations, open kitchens and a variety of decoration from the Arab world so that diners can enjoy the sights, sounds and smells that are experienced when walking through a traditional street or market in Lebanon, Syria, Jordan, Palestine and Egypt. The menu appeals to a wide and varied clientele. The traditional dishes that we are offering have been taken from recipes handed down through families from one generation to the next. Oven-baked manou'she, an authentic wood fired flat bread that is served open or folded with various choices of fillings such as cheese, sumac, za'atar and meat, is not to be missed!



WIN!

BRUNCH FOR TWO AT LEGENDS FRIDAY BRUNCH! WORTH DHS790

Legends at Dubai Creek Golf & Yacht Club is giving out a Friday Brunch for 2 people. Sit at the terrace, take in the stunning views of Dubai Skyline and indulge in a selection of delicious appetizers, sushi, wide array of seafood buffet and multiple live cooking stations. For main course, guests have the option to choose a dish from the special a la carte menu or ask the chef to prepare selection of smaller size dishes to try them all. To finish the experience off on a high, Legends offers a huge selection of desserts, including a cotton candy and live crepe station, to satisfy every sweet tooth. With plenty to keep the little ones entertained in the dedicated kids' zone, this will be a memorable afternoon for everyone!



WIN!

A MEAL AND A MASSAGE FOR TWO AT DUBAI HERBAL & TREATMENT CENTRE! WORTH DHS1,150

Restore and relax at one Dubai's largest Wellness centre – Dubai Herbal & Treatment Centre. This package for two includes a meal for two at the award-winning eat well restaurant and two 50-minute massages at the feel well retreat. Total package is worth Dhs1,150.



WIN!

THREE DAYS' WORTH OF JUICE DELIGHT COLD-PRESSED JUICES! WORTH DHS945

The gourmet juice cleanse consists of five selected cold-pressed juice compositions of fruits and vegetables and one vegan nutmylk daily. This plan is ideal for those, who are doing a cleanse for the first time.



WIN!

A MEAL FOR TWO AT URBAN RETREAT! WORTH DHS500

Urban RetrEAT is a food incubator in Yas Mall, hosting twelve delicious food vendors which rotate every three months. With gluten free options and options for vegans, vegetarians from local homegrown food vendors there is something for everyone to choose from. Relax and unwind from the casual and friendly surroundings of Urban RetrEAT and feast on the most delicious food Abu Dhabi has to offer while supporting local food businesses in their food journey.



WIN!

A PASTA E BASTA FRIDAY BRUNCH FOR FOUR AT BICE RISTORANTE! WORTH DHS580

Every Friday, from 12:30pm onwards, BiCE is inviting guests to escape the summer heat and tuck into the mouthwatering Italian dishes with a modern twist. The renowned Italian ristorante has introduced a new brunch concept - endless flow of pizzas and pastas served directly to your table, as well as option to indulge in a buffet style spread of cold starters and desserts. Whether it is a family affair or catch up with friends, this is a weekend deal not to be missed.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

Competition



WIN!

**A 2-night stay
for 2 at Ali Ain
Rotana!**

Win a two-night stay for two at Al Ain Rotana inclusive of buffet breakfast at Zest All Day Dining and Hinky Dinks Fridays Brunch at Trader Vic's, worth Dhs 5,000!

Al Ain Rotana, the ultimate oasis escape, is a luxury five-star hotel nestled in the luscious Garden City of the Emirates and boasting six world-class dining options, and an award-winning Zen the spa.

Enjoy a taste of legendary cuisine and signature cocktails in an exotic atmosphere at Trader Vic's Al Ain. With a French-Polynesian style setting,

friendly and roomy, the adjoining Mai Tai bar is an ideal place to sit and chat while sipping one of the house specialty cocktails.

Why hop on a flight when you can get exotic flavours right here in Al Ain? Come down Fridays from 12:30 to 3:30 pm for a hearty brunch with colourful drinks and live tunes by our Cuban band at Trader Vic's Al Ain.

The prize draw for a two-night stay for two at Al Ain Rotana will be made at the end of September 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

HEALTHY MEETS BRUNCH

Every Friday from 11:30am to 3:30pm

Looking for the healthiest brunch
in town?

121 AED
p.p.

Head down to the award-winning eat well Restaurant every Friday and experience our **Vegan friendly** family brunch, while soaking in the views of the Dubai skyline!

Kids under 5 years of age eat for free and until 10 years pay half.

*Advance booking recommended.

*Dedicated kids play area available.



Enjoy 1 + 1 brunch with  



Contact us (+971) 5447 66326

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SAVOR

AUTHENTIC
ITALIAN CUISINE

Jumeirah
MESSILAH BEACH
HOTEL & SPA
KUWAIT

Take a flavorsome journey around Italy's culinary regions with dishes exquisitely prepared by the restaurant's native Italian Chef while admiring spectacular views of the Arabian Gulf.

Did you know we are nominated in the BBC Good Food Middle East Awards?
For more information, please visit
bbcgoodfoodme.com/awards



For more information, please call
+965 22269666 or visit Jumeirah.com